WINTER 2019-2020
PROGRAMS & EVENTS
herndon-va.gov/recreation herndonwebtrac.com

HCC OPEN HOUSE
p. 14

ICE BREAKER RACE
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Herndon Community Center Hours
Monday–Friday 6:00am-10:00pm
Saturday & Sunday 7:00am-6:00pm
No admittance to the building a ½ hour before closing.

CLOSURES & HOLIDAY HOURS
Christmas Eve, December 24 6:00am-4:00pm
Christmas, December 25 Closed
New Year’s Eve, December 31 6:00am-5:00pm
New Year’s Day, January 1 Closed

Parks & Recreation Office Hours
Monday–Friday 8:30am-5:30pm
Tuesday, December 24 8:30am-12:00pm
OFFICE CLOSED:
Wednesday, December 25; Wednesday, January 1;
Monday, January 20; Monday, February 17

Daily Admission Rates
More Information in the Admission Fees & Passes section.
TOH / NR
Adults $7 / $8
Seniors $5.75 / $6.50
Youth & Students $5.75 / $6.50
Family* $19.75 / $22.50
*Up to 5 family members, 2 adults maximum

HOW TO REGISTER
CHOOSE ONE OF FOUR WAYS TO REGISTER:

1. ONLINE - HERNDONWEBTRAC.COM

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

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

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

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

Understanding Our Class Format
TOH ▶ Town of Herndon rate and requires
ID with address for every transaction
NR ▶ Non-Resident rate
NEW ▶ New this Season
DROP-IN ▶ No Registration Required
NOR ▶ No Online Registration
OR ▶ Ongoing Registration

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

Turkey Trot Race ........................................ 24
  Saturday, November 23
  4:00pm
  Herndon Community Center

Jingles, Jammies, & Swimming .......... 24
  Friday, November 29
  5:30–9:00pm
  Herndon Community Center

Santa, Stars, & S’mores ......................... 24
  Friday, December 6
  7:00–8:30pm
  Runnymede Park

Holiday Arts and Craft Show .............. 32
  Sunday, December 8
  10:00am–4:00pm
  Herndon Community Center

Children’s Performing Arts Show –
Rainbow Rock ........................................... 25
  Monday, January 20
  10:30–11:15am
  Herndon Community Center

Father Daughter Dance ...................... 25
  Saturday, February 1
  6:30–9:00pm
  Herndon Community Center

Children’s Performing Arts Show –
Rocknoceros ............................................ 25
  Monday, February 17
  10:30–11:15am
  Herndon Community Center

Family Passport to Fun ..................... 25
  Friday, February 21
  6:30–9:00pm
  Herndon Community Center

Ice Breaker Race ............................. 32
  Sunday, March 29
  8:00am
  Herndon Parkway & Sugarland Trail

WINTER PASS SALE
10% OFF an annual or 6-month pass
Offer Expires 2/14/20

Give the Gift of Health
PASS SALE
2 DAYS ONLY
Friday, December 6
Saturday, December 7
30% OFF 10-visit pass
ADULT $44/$50
TOH/ NR $36/$41
DEAL only valid on these dates. Pass must be purchased at the Herndon Community Center front desk. Only one pass per household member.

Programs & Events That Move YOU

Turkey Trot Race ........................................ 24
  Saturday, November 23
  4:00pm
  Herndon Community Center

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  Friday, November 29
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**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](http://bit.ly/HCCswim). Children should be able to perform all prerequisite skills for a class easily and comfortably. Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.**
- **Swim evaluations are available at no charge if you are unsure of which class is appropriate for your child. Contact Christina Bolzman, Aquatic Programming Specialist, at 703-435-6800 x2134 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.

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**POOL CLOSED TO PUBLIC DURING HIGH SCHOOL SWIM TEAM:**

- **PRACTICES** - 3:30–4:30pm Monday–Thursday now through February 13
- **MEETS** - Fridays at 6:00pm – November 22; December 6, 14, 20; January 3, 10, 17

**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.

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### Baby and Me Age 6–18 months

Parent and child swim together. The instructor works closely with the parent to help the infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

**8, 25 minute classes**

<table>
<thead>
<tr>
<th>Day</th>
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<th>Fee 1</th>
<th>Fee 2</th>
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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. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

**8, 25 minute classes**

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### Preschooler and Me Age 3–5

Parent and child swim together. The instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. Skills that are taught include: breath control, floating on front and back, and kicking. Swim with parent

**8, 25 minute classes**

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**AQUATICS: PRESCHOOL**

- **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.
  - **8, 25 minute classes**
    - Sa 9:30–9:55am 1/11–2/29 $72 / $96 301100.60

- **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. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.
  - **8, 25 minute classes**
    - M 10:00–10:25am 1/6–2/24 $72 / $96 301200.10
    - W 10:00–10:25am 1/8–2/26 $72 / $96 301200.30
    - Sa 10:00–10:25am 1/11–2/29 $72 / $96 301200.60
    - Sa 10:30–10:55am 1/11–2/29 $72 / $96 301200.61

- **Preschooler and Me Age 3–5**
  - Parent and child swim together. The instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. Skills that are taught include: breath control, floating on front and back, and kicking. Swim with parent.
  - **8, 25 minute classes**
    - Sa 9:00–9:25am 1/11–2/29 $72 / $96 301300.60
**Preschooler 1 Age 3-5**
Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on forward 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.

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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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**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: YOUTH**

**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.

### 8, 30 minute classes

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**Swim 2 Age 6-12**
This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

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<td>30 min</td>
<td>Tu/Th</td>
<td>1/7-1/30</td>
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<td>1/7-1/30</td>
<td>$72 / $96</td>
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</table>
**Swim 3**  Age 6-12
Coordination of front and back crawl, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

**8, 30 minute classes**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Cost</th>
<th>Code</th>
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</tbody>
</table>

**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.

**8, 30 minute classes**

<table>
<thead>
<tr>
<th>Days</th>
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<th>Cost</th>
<th>Code</th>
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</tbody>
</table>

**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.

**8, 45 minute classes**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Cost</th>
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</tbody>
</table>

**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. Swimmers in the Fall, Winter and Spring sessions will have the opportunity to participate in a meet sometime during the season.**

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

**8, 45 minute classes**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Cost</th>
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</table>

**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.

**8, 45 minute classes**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Cost</th>
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**Our Pirate Ship float** will be set-up in the pool the third Friday of every month from 7:30-9:30pm. Play on the float or bring your own floats and toys and have fun with the whole family.

**Did You Know?**
The Pirate Ship sets sail in the pool most Saturdays & Sundays from 1:30-3:30pm!

**Dive-In Movie**
**Nightmare Before Christmas (PG)**
Friday, December 13
7:00-9:30pm
Bring your favorite floaties and join us in the pool. Children 8 & under must be accompanied by an adult. Pizza, candy, soda, and water will be sold.

$10/individual
$25/family

$209920.10

**AQUATICS: ADAPTED AQUATICS**

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

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

**8, 30 minute classes**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Cost</th>
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**Advanced**  Age 5-16
The Advanced class is for children who have mastered basic front and back crawl skills and need further development and refinement of their strokes.

**8, 30 minute classes**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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<th>Cost</th>
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</table>
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.

8, 30 minute classes

<table>
<thead>
<tr>
<th>Time</th>
<th>Start Date</th>
<th>Days</th>
<th>Price</th>
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Diving 1  Age 7-14
Introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

8, 45 minute classes

<table>
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<tr>
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<th>Days</th>
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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.

8, 60 minute classes

<table>
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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.

7, 45 minute classes

<table>
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8, 45 minute classes

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

8, 45 minute classes

<table>
<thead>
<tr>
<th>Time</th>
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<th>Days</th>
<th>Price</th>
<th>Registration Code</th>
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<tbody>
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<td>1/14-2/6</td>
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<td>104 / 144</td>
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7, 45 minute classes

<table>
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8, 45 minute classes

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<td>104 / 144</td>
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</table>

Adult Intermediate (Level 3)  Age 16 & up
This class is for anyone who has completed Adult Beginner or looking for stroke improvement. Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances. Goggles are highly recommended.

7, 45 minute classes

<table>
<thead>
<tr>
<th>Time</th>
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<th>Days</th>
<th>Price</th>
<th>Registration Code</th>
</tr>
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<tbody>
<tr>
<td>M</td>
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8, 45 minute classes

<table>
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<tbody>
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<td>1/12-3/1</td>
<td>104 / 144</td>
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</tbody>
</table>

Gift Cards are available for any amount and can be used for admission to the HCC, personal training, or class registration. Stop by the front desk to purchase.
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)
16, 60 minute classes
M/W  8:30-9:30pm  |  1/6-2/26  |  $64 / $96  |  306630.10

AQUATICS: AQUATIC FITNESS

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 workout. Participants must be comfortable in deep water.
8, 60 minute classes
F  7:30-8:30am  |  1/10-2/28  |  $72 / $96  |  308230.50

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.
16, 60 minute classes
Tu/Th  10:00-11:00am  |  1/7-2/27  |  $144 / $192  |  308330.20

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.
16, 60 minute classes
Tu/Th  9:30-10:30am  |  1/7-2/27  |  $144 / $192  |  308530.20

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 to become involved. Rubber-soled water shoes are strongly recommended.
8, 60 minute classes
F  9:00-10:00am  |  1/10-2/28  |  $72 / $96  |  308440.50

Water Walking  Age 16 & up
Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12 foot area.
16, 60 minute classes
M/W  8:00-9:00am  |  1/6-2/26  |  $144 / $192  |  308630.10

NEW  Water Aerobics for Golfers  Age 16 & up
Join a team of fellow golfers to prepare to drop your score in the spring. This class is designed to keep you in shape and work on the key muscle groups to help build and maintain strength and endurance for the upcoming season. Use the water to maintain strength, endurance and balance, and talk golf. This program will be in the shallow water with focus on core training, cardio and muscle endurance and balance by emphasizing the muscle groups associated with golf. Be prepared for the spring season.
16, 60 minute classes
Tu/Th  1:30-2:30pm  |  1/7-2/27  |  $144 / $192  |  308540.20

Deep Water 1  Age 16 & up
A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.
8, 60 minute classes
Sa  8:00-9:00am  |  1/1-2/29  |  $72 / $96  |  308730.60

Deep Water 2  Age 16 & up
This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.
16, 60 minute classes
M/W  6:30-7:30pm  |  1/6-2/26  |  $144 / $192  |  308730.10
Tu/Th  8:30-9:30am  |  1/7-2/27  |  $144 / $192  |  308730.20

NEW  Indoor Stand Up Paddleboarding
Saturdays 6:00-8:00pm
Miss those warm summer days of using your stand up paddleboard? Come take advantage of our heated pool and keep those paddleboarding skills sharp! Bring your own board and join the fun.

<table>
<thead>
<tr>
<th>Date</th>
<th>Class Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>3/7</td>
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</table>

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 ext.2134 or Christina.Bolzman@herndon-va.gov to schedule an evaluation at no charge.
FITNESS: FITNESS LEVELS
Use the following classifications to help you find fitness programs appropriate for your ability & goals:

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

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

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

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

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

FITNESS: SMALL GROUP PERSONAL TRAINING

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

**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.

**Evening 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 and core finishers.

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

**The Fitness Club** Age 16 & up Level 3
Join us for a Work-Hard, Break-a-Sweat, Get-Strong type of class! You’ll start the minute you walk in the door: soft tissue work, dynamic warm-up, muscle activation - then dig deep for strength & power exercises, all while building technique for Olympic-style lifts over the course of the session. Admission to the Club is not granted, it’s earned!

**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.

**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 and cardiovascular health. Wednesdays you'll workout in the PT Studio and focus on strength and muscle tone. Get the best of both worlds with a balanced pair of workouts in and out of the water!

**FITNESS TEAM BOOTCAMP**
Together Everyone Achieves More! This powerful group class will inspire you to push yourself further than you thought possible - while never compromising health or safety. You’ll learn strict form so your workout will be a success and can be functionally applied to real life. The challenge & intensity each week will be driven by the support of a true team dynamic – where you’ll be accountable not just for yourself but the entire team. Everyone gets a team T-shirt at the start, and a great sense of accomplishment at the end.

**Land & Sea Fitness** Age 16 & up Level 2
14, 60 minute classes no class 1/20, 2/17

**REGISTER ONLINE AT HERNDONWEBTRAC.COM**
Boost confidence in the weight room! Deanna, a certified exercise physiologist and competitive power-lifter, will teach you proper exercise technique, form, and progressions for barbells, dumbbells, and more resistance training. You'll learn to transform your body and mind through strength training. You'll train with W.O.W. empowers women to lift weights and transform their fitness skill & performance into overdrive.

Rebooting poor movement quality you'll be set to kick your fitness to the next level. By mastering exercise correctives and limitations using the Functional Movement Screen. Purpose & precision. We'll uncover your hidden potential and maximize your athletic performance.

Improve your overall health & performance by training with a great wake-up workout. Jump-start your metabolism with a great wake-up workout! Morning Buzz, Age 16 & up

Move Well, Age 16 & up

Move Well, Age 16 & up

Move Well, Age 16 & up

NEW Women On Weights (W.O.W.) Age 16 & up

NEW Women On Weights (W.O.W.) Age 16 & up

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NEW Women On Weights (W.O.W.) Age 16 & up
FITNESS: ACTIVE ADULT CLASSES

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

Balance Training  Age 55 & up  Level 1
Balance is key to maintaining independence as you age, fall prevention, and performing ‘activities of daily living’ well. Class focuses on both static balance (maintaining position over base of support) and dynamic balance (ability to react to perturbations and transitions from on- to off-balance). Format includes warm-up, balance & posture specific exercises, and general strength training.

8, 55 minute classes
Tu  9:30-10:25am  1/7-2/25  $55 / $73  321730.20

Strength Circuit  Age 55 & up  Level 1
Establish & improve your baseline strength with a self-paced workout in the fitness room. An instructor will lead a group warm-up, preview the exercises provided to you on a workout sheet, and help coach you through the session with progressions, modifications & encouragement!

8, 55 minute classes
Th  9:30-10:25am  1/9-2/27  $55 / $73  321940.40

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 & core strengthening. (Level 3 class may include Cardio/Intervals). MULTIPLE LEVELS AVAILABLE – SEE SECTION LISTING

8, 55 minute classes
M  8:30-9:25am  1/6-2/24  $55 / $73  321830.10
M  9:30-10:25am  1/6-2/24  $55 / $73  321830.11
W  9:30-10:25am  1/8-2/26  $55 / $73  321830.31
W  6:15-7:10pm  1/8-2/26  $55 / $73  321830.32

8, 55 minute classes
W  8:30-9:25am  1/8-2/26  $55 / $73  321830.30

GRATEFUL FOR OUR FANTASTIC CUSTOMERS: ANA’S STORY

Chances are you have seen her. She is here at the HCC almost every day of the week taking ZUMBA, BodyCombat, Deep Water Aerobics, Circuit Training, Body Blast, HCC Intervals, or yoga – and always smiling. The HCC staff truly enjoys getting to know our customers.

Ana has been a dedicated customer of the HCC for over six years. Her biggest motivation to come to the HCC is to take classes to help her be healthy and in shape. Plus, she says the HCC front desk staff are great cheerleaders and the people she has met in class are very supportive.

We asked Ana what she would tell someone who is considering coming to the HCC and she said, “The customer service is wonderful! Everyone makes me feel like I’m at home. You know, the community center feels like my second home since I spend most of my time there and the programs are great!”
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

PERSONAL TRAINING STARTER PACK

Our Personal Training Starter 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 minute personal training sessions) while completing weekly nutrition challenges.

Get started for 15% off our regular rates:
TOH $199 / NR $265

*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.

MEET THAVY MILLS
PERSONAL TRAINER

Thavy (TAH-VEE) is a certified StrongFirst kettlebell professional, NASM Strength & Conditioning Coach, and certified Level II Functional Movement Systems (FMS) practitioner. In her early career - working at a desk all day - Thavy found herself overweight and pre-diabetic. She attempted to regain her health by pursuing a high-intensity exercise program which led to a neck and shoulder injury and landed her in physical therapy. That experience motivated her to study exercise science and ultimately pursue a career as a fitness instructor. Thavy developed an approach to fitness based on sound training methodology and principles. She focused on injury prevention and corrective exercise, and she prioritizes client safety now by emphasizing quality movement and technique. Thavy believes her previous injury was a blessing in disguise because it prepared her to be an effective and compassionate trainer, committed to helping people of all ages attain their fitness goals in a safe, fun, and sustainable way.
### 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.

### LESMILLS BODYPUMP™  Age 16 & up
BODYPUMP™ is a barbell class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP™ gives you a total body workout that burns lots of calories. The encouragement, motivation and great music you get in a BODYPUMP™ class will help you achieve much more than you would be able to on your own.

### 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 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.

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**WINTER 2020 DROP-IN EXERCISE CLASS SCHEDULE**

**SCHEDULE EFFECTIVE: WEDNESDAY, JANUARY 2 – SUNDAY, MARCH 8**

Schedule subject to change. Join our email list to receive updates.

<table>
<thead>
<tr>
<th>MON.</th>
<th>HCC Body Blast 9:30-10:30am</th>
<th>ZUMBA 5:30-6:30pm</th>
<th>HCC Tabata 6:40-7:40pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE. 6:00-7:00am</td>
<td>HCC Intervals 9:30-10:30am</td>
<td>ZUMBA 5:30-6:30pm</td>
<td>HCC Core 12:15-1:00pm</td>
</tr>
<tr>
<td>WED. 9:30-10:30am</td>
<td>HCC Body Blast 9:30-10:30am</td>
<td>ZUMBA 5:30-6:30pm</td>
<td>HCC Tabata 6:40-7:40pm</td>
</tr>
<tr>
<td>THR. 6:00-7:00am</td>
<td>HCC Intervals 9:30-10:30am</td>
<td>ZUMBA 5:30-6:30pm</td>
<td>HCC Core 12:15-1:00pm</td>
</tr>
<tr>
<td>FRI. 5:30-6:30pm</td>
<td>ZUMBA 5:30-6:30pm</td>
<td>NEW HCC Strong 6:30-7:30pm</td>
<td></td>
</tr>
<tr>
<td>SAT. 8:00-9:00am</td>
<td>ZUMBA 9:00-10:00am</td>
<td>HCC Strong 10:15-11:15am</td>
<td></td>
</tr>
<tr>
<td>SUN. 9:00-10:00am</td>
<td>BODYPUMP 10:15-11:15am</td>
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</tbody>
</table>

**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.
NUTRITION: 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
16, 60 minute classes

| M/W | 7:00-8:00pm | 1/6-2/26 | $120 / $160 | 323630.10 |

Kickstart to Health Series

MONDAYS & WEDNESDAYS  6:00-7:00PM  AGE 16 & UP
These month-long series each dive deep into different topics for better health and well-being. Held in a small group setting you receive demos, relevant handouts, recommendations and recipes, easy action plans to implement, group coaching and support and more. See each section below for more info on the individual topics we’ll focus on:

**JANUARY**
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.
8, 60 minute classes  1/6-1/29  $60 / $80  323730.10

**FEBRUARY**
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.
8, 60 minute classes  2/3-2/26  $60 / $80  323730.11

INCLEMENT WEATHER POLICY

Please call the Parks and Recreation Inclement Weather Line for program/class cancellations at 703-435-6866. All classes and programs starting before 3:00pm are cancelled when Fairfax County schools close for the day due to inclement weather. For classes starting at 3:00pm or later, a decision will be made by 1:00pm that day. When Fairfax County schools have a delayed opening, classes will be held as scheduled. On weekends, or if you have questions about classes being held, call the weather line.

HERNDON COMMUNITY CENTER OPEN HOUSE
WHAT’S YOUR VISION?
See and experience how we can help.

SATURDAY
January 4, 2020
FREE Admission ALL DAY
(open-close, 7:00am–6:00pm)

Activities & Events
9:00am–2:00pm including:
★ Class Demonstrations
★ Facility Tours
★ Open Swim
★ Music, Contests, Raffles, & Refreshments

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

BOOT CAMP FOR WOMEN & MEN
Dedication, Determination, Motivation and Fun

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

Other locations: Check our updated listing on www.FIResults.com or call 1-877-62SHAPE (877-627-4273) for more information. Guaranteed Results!
### WELLNESS:

#### 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.

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Age 16 &amp; up</th>
<th>8, 60 minute classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>F 11:30am-12:30pm</td>
<td>1/10-2/28</td>
<td>$72 / $96 331030.50</td>
</tr>
</tbody>
</table>

#### 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.

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Age 16 &amp; up</th>
<th>8, 60 minute classes</th>
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</thead>
<tbody>
<tr>
<td>W 7:15-8:15pm</td>
<td>1/8-2/26</td>
<td>$74 / $98 330730.30</td>
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</table>

#### 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.

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<thead>
<tr>
<th>Class Description</th>
<th>Age 16 &amp; up</th>
<th>8, 60 minute classes</th>
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</thead>
<tbody>
<tr>
<td>M 8:00-9:00pm</td>
<td>1/6-2/24</td>
<td>$79 / $105 331131.10</td>
</tr>
</tbody>
</table>

#### Tai Chi Fundamental Meditative Movement  Age 16 & up
Explore the powerful benefits of Tai Chi in this 4-week course. You will learn and experience the breath, balance, and meditation principles that underlie Tai Chi and QiGong practice. Begin the New Year by adding these valuable techniques to your health and wellness toolkit. Senior discount does not apply.

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<tr>
<th>Class Description</th>
<th>Age 16 &amp; up</th>
<th>4, 60 minute classes</th>
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<tbody>
<tr>
<td>M 7:00-8:00pm</td>
<td>1/6-1/27</td>
<td>$56 / $74 331332.10</td>
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</tbody>
</table>

#### Tai Chi  Age 16 & up
Learn Tai Chi Easy Five, a carefully developed method and approach to Tai Chi that makes it easy, beneficial and empowering right away. Tai Chi practices benefit balance, strength and flexibility. The movements also promote stress reduction, focus and relaxation. Movements are adaptable to all fitness levels and may be done standing or seated. No Tai Chi experience necessary. Senior discount does not apply.

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Age 16 &amp; up</th>
<th>8, 60 minute classes</th>
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</thead>
<tbody>
<tr>
<td>F 10:15-11:15am</td>
<td>1/10-2/28</td>
<td>$112 / $149 331330.50</td>
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</table>

#### Hatha Yoga for Kids  Age 5-15
This fun children’s class develops concentration, strength, confidence, and self-control through yoga poses done with music, games, and stories. Yoga teaches children about their bodies and how to honor their uniqueness. Age appropriate yoga poses, movements, breathing, and relaxation techniques help to create supple, strong bodies and minds that can adapt to the dynamics of life.

<table>
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<tr>
<th>Class Description</th>
<th>Age 5-15</th>
<th>8, 60 minute classes</th>
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<tbody>
<tr>
<td>Su 2:30-3:30pm</td>
<td>1/10-2/28</td>
<td>$81 / $108 330430.00</td>
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</table>

#### 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 yoga poses. Alignment and proper techniques are emphasized to improve posture and reduce risk of injury.

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Age 16 &amp; up</th>
<th>8, 75 minute classes</th>
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</thead>
<tbody>
<tr>
<td>Su 1:00-2:15pm</td>
<td>1/6-2/24</td>
<td>$99 / $132 330230.00</td>
</tr>
</tbody>
</table>

#### 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.

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Age 16 &amp; up</th>
<th>8, 90 minute classes</th>
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</thead>
<tbody>
<tr>
<td>Th 7:00-8:30pm</td>
<td>1/9-2/27</td>
<td>$105 / $140 330130.40</td>
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</table>

#### NEW Chair Yoga  Age 16 & up
If injuries, poor balance, or other mobility issues prevent you from doing yoga, if you can't get up from or down to the floor to do the poses you love, learn to adapt a full yoga practice in Chair Yoga. Sun Salutations plus twists, forward bends, back bends, and standing poses can all be done either sitting in a chair or standing in front of or behind it. Senior discount does not apply.

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Age 16 &amp; up</th>
<th>8, 60 minute classes</th>
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</thead>
<tbody>
<tr>
<td>Th 9:15-10:15am</td>
<td>1/9-2/27</td>
<td>$74 / $98 330030.40</td>
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</tbody>
</table>

#### 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.

<table>
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<tr>
<th>Class Description</th>
<th>Age 55 &amp; up</th>
<th>8, 60 minute classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>M 3:00-4:00pm</td>
<td>1/13-3/2</td>
<td>$81 / $108 330040.10</td>
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<tr>
<td>W 2:30-3:30pm</td>
<td>1/15-3/4</td>
<td>$81 / $108 330040.10</td>
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</tbody>
</table>
**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.

### 8, 45 minute classes

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>9:45-10:30am</td>
<td>2-3</td>
<td>$56 / $74</td>
<td>370000.10</td>
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<tr>
<td>Th</td>
<td>9:45-10:30am</td>
<td>2-3</td>
<td>$56 / $74</td>
<td>370000.40</td>
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<tr>
<td>Sa</td>
<td>9:00-9:45am</td>
<td>2-3</td>
<td>$56 / $74</td>
<td>370000.60</td>
</tr>
</tbody>
</table>

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

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

### 8, 45 minute classes

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
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<td>3-4</td>
<td>$56 / $74</td>
<td>370100.60</td>
</tr>
</tbody>
</table>

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

### 8, 45 minute classes

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
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<td>4-6</td>
<td>$56 / $74</td>
<td>370200.60</td>
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</tbody>
</table>

### 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 don’t 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 3 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.

### 8, 60 minute classes

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<th>Code</th>
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</thead>
<tbody>
<tr>
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**Young Beginners**  Age 5-12
This is a transition program to the Level classes. Instruction includes floor exercise, balance beam, uneven bars, and vaulting. Participants are grouped by age and ability.

### 8, 60 minute classes

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
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<td>5-12</td>
<td>$75 / $100</td>
<td>370310.60</td>
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</table>

**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, handstand to bridge and standing to bridge on the floor. Straddle over on vault, under-swing dismount on high bar, a round-off dismount on high beam. Advancement to the next level is based on obtaining the required skills with correct form.

### 8, 90 minute classes

<table>
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<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
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<td>6-13</td>
<td>$112 / $149</td>
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</table>

**Level 2**  Age 6-13
Participants will be introduced to front walkovers, back walkovers, a front handspring on vault, pullover 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 and with correct form.

### 8, 90 minute classes

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</table>

**Level 3**  Age 6-13
Participants will be introduced to hack 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.

### 8, 90 minute classes

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<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
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</thead>
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**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.

### 8, 2 hour classes

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<th>Day</th>
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<th>Code</th>
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<tbody>
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**Home School Gymnastics**  Age 5-18
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 gymnastics terminology.

### 8, 60 minute classes

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>Tu</td>
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<td>5-18</td>
<td>$75 / $100</td>
<td>370150.20</td>
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</table>
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 2/1
Age 2–3
Sa 9:20–9:50am  1/11-3/7  $53 / $70  373000.52
Sa 9:55–10:25am  1/11-3/7  $53 / $70  373000.53
Sa 10:30–11:00am  1/11-3/7  $53 / $70  373000.54
Age 4–5
Sa 11:10–11:40am  1/11-3/7  $53 / $70  373000.55

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 2/1
Sa 11:45am–12:30pm  1/11-3/7  $75 / $100  373110.50

Ignite Kids Club:  Age 3–6
This is a multi-sport program that dials in on the basic skill sets for five different sports, including: baseball/softball, volleyball, basketball, flag football, and tennis. Using interactive and age-appropriate games/activities, kids can have a blast while being exposed to a variety of sports! As they grow through the program, the games and activities will begin to uniquely integrate team play, develop social skills, and create a better understanding of the sport itself. While learning the fundamentals of kicking, throwing, catching, hitting, and basic speed and agility, the players will increase fitness, coordination, confidence, and improve on both social and listening skills.
8, 30 minute classes
Age 3–4
Tu 5:30–6:00pm  1/7-2/25  $53 / $70  371500.21
Age 5–6
Tu 6:05–6:35pm  1/7-2/25  $53 / $70  371500.23

Basketball  Age 8–12
The Winning Lives Character Education Basketball program integrates the fundamentals of basketball with interactive exercises to build positive character traits. Using real-life scenarios, the goal is to build children's self-esteem, character, and social emotional learning skills while they have fun playing the sport they love.
8, 60 minute classes  no class 2/1
M 5:30–6:30pm  1/6-2/24  $80 / $106  376010.10
F 6:30–7:30pm  1/10-3/6  $80 / $106  376010.60

Home School P.E. - Fit Play Learn  Age 6–16
This program is a comprehensive and fun physical education program that provides students 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.
8, 60 minute classes  no class 1/28
Tu 1:30–2:30pm  1/7-2/27  $56 / $74  374010.20
Th 1:30–2:30pm  1/7-2/27  $56 / $74  374010.40

Fencing  Age 9 & up
Our fencing programs introduce students to the many benefits of this Olympic sport. Beyond the fitness benefits, fencing promotes intellectual development, decision making skills, self discipline and confidence. All taught in a safe, supportive environment. Our focus is electric Epee fencing: the modern evolution of the rapier duel. Epee fencing is the most straightforward of the three Olympic fencing disciplines where the opponent’s whole body is the target. There is no right-of-way rules in Epee which makes score keeping simple and clear. Learn the Olympic sport of swords and join us for a fun workout, fencing and new friendships!
8, 60 minute classes
Su 12:00–1:00pm  1/12-3/1  $90 / $120  372750.01

OPEN GYM SCHEDULE: WINTER 2020
Su M Tu W Th F Sa
11:30am–2:30pm  11:30am–2:30pm  2:45–5:15pm  2:45–5:15pm  2:45–5:15pm  2:45–5:15pm
7:45–9:45pm  7:30–9:45pm  7:45–9:45pm  7:30–9:45pm  7:30–9:45pm

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

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>Registration</th>
<th>Fee</th>
<th>Code</th>
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<tbody>
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<tr>
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<td>11:30am-12:00pm</td>
<td>1/11-2/29</td>
<td>$77 / $102</td>
<td>372000.60</td>
</tr>
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</table>

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.

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<tr>
<th>Class</th>
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<th>Registration</th>
<th>Fee</th>
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<tbody>
<tr>
<td>8, 60 minute classes</td>
<td>W</td>
<td>6:30-7:30pm</td>
<td>1/8-2/26</td>
<td>$51 / $68</td>
<td>372110.40</td>
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</tbody>
</table>

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

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<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>Registration</th>
<th>Fee</th>
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<tbody>
<tr>
<td>8, 60 minute classes</td>
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<td>1/10-3/6</td>
<td>$51 / $68</td>
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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

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>Registration</th>
<th>Fee</th>
<th>Code</th>
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<td>1/12-3/1</td>
<td>$33 / $44</td>
<td>372450.01</td>
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Kendo  Age 13 & up
Class is geared towards Kendoka who have completed the Kendo Fundamentals class and wish to further pursue the art of Kendo. Kendo is a more rigorous class teaching technique for use in shinsa and shia. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

<table>
<thead>
<tr>
<th>Class</th>
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<th>Registration</th>
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<tr>
<td>8, 90 minute classes</td>
<td>W</td>
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<td>8, 2 hour classes</td>
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<td>10:00am-12:00pm</td>
<td>1/12-3/1</td>
<td>$64 / $85</td>
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Iaido  Age 18 & up
Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent, is considered a complimentary discipline to kendo. Due to the emphasis on inward focus, it has been referred to as a moving zen. Gi, Hakama, Bokken or Iaito and approval from the instructor is required to join the class.

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>Registration</th>
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<tbody>
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<td>1/12-3/1</td>
<td>$39 / $52</td>
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Planning a Special Event or Meeting?
The Herndon Community Center can accommodate rental space for a small meeting with just a few people or a sit-down function up to 375 people. In addition, rentals can utilize our warming/catering kitchen. Call 703-787-7300 for information, or to arrange a tour of our facilities.

All parties offer 75 minutes of an activity and an hour in the party room.

Call to learn more and request a party reservation. 703-787-7300

SEE PAGE 17 FOR FENCING.
**DANCE: BALLET**

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

8, 45 minute classes

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<td>1/9–2/27</td>
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</table>

**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.

8, 45 minute classes

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**NEW ► Curtsey and Tiaras Beginner Ballet Age 3–4**
This is a beginner ballet technique class that will start with the reading of a short ballerina story book to get your little one excited to dance her class away.

8, 45 minute classes

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<td>1/7–2/25</td>
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**Ballet Beginner 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.

8, 45 minute classes

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**Intermediate Age 4–5**

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**Advanced Age 5–8**

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<td>$66</td>
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**DANCE: COMBINATION**

**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.

8, 60 minute classes

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<th>Day</th>
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**Tiny Ballet/Jazz/hip-Hop Age 3–5**
In this dance class, basic Hip-Hop and Jazz techniques are introduced. Students will learn to dance according to trends of today's popular music.

8, 60 minute classes

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

8, 60 minute classes

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**Ballet/Tap/Jazz Age 5–12**
This basic tap, jazz and beginning ballet technique class will include more challenging barre exercises, while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills.

8, 60 minute classes

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**Intermediate/Advanced Age 7–10**

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**Intermediate/Advanced Age 8–12**

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</table>
**Ballet/Jazz   Age 5-9**  
Acquire basic fundamentals and terminology for ballet and jazz technique. Enhance flexibility and build balance and strength to begin to develop performance skills.  
**8, 60 minute classes**  
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**Jazz/ Hip-Hop   Age 4-6**  
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.  
**8, 60 minute classes**  
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</table>

**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.  
**8, 60 minute classes**  
<table>
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**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.  
**8, 60 minute classes**  
| Age 11-15 | M 6:30-7:30pm | 1/6-2/24 | $66     | 345311.11 |
| Age 7-10  | W 6:00-7:00pm  | 1/8-2/26 | $66     | 345311.31 |

**DANCE: 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.  
**8, 60 minute classes**  
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**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, 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!  
**8, 60 minute classes**  
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<thead>
<tr>
<th>Day</th>
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**Welcome Breanna Viscardo**  
DANCE INSTRUCTOR  
Breanna brings a passion for teaching young dancers, with an extensive professional background. Before moving to northern Virginia in 2010 and teaching 100s of children, she grew up in Tallahassee, Florida. She danced with Pas de Vie Dance Company and the Tallahassee Ballet where she performed both soloist and principal roles. Breanna earned a Bachelor of Fine Arts in Dance from Florida State University. Upon graduating, she moved to New York City where she danced professionally with ACF Dance Company, Ariel Rivka Dance, and York Dance Works. Breanna is a dedicated, enthusiastic, fun-loving teacher and her classes are on Friday mornings this winter.

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

INDOOR TENNIS: YOUTH

PEE WEE/BEGINNER: Instructor will follow USTA’s Quickstart format using smaller courts and age appropriate equipment.

Pee Wee  Age 4-5
8, 30 minute classes

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4, 30 minute classes

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Beginner 1.0-1.5  Age 6-15

Age 6-8
8, 60 minute classes

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4, 60 minute classes

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Age 9-11
8, 60 minute classes

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4, 60 minute classes

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Age 12-15

8, 60 minute classes

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4, 60 minute classes

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### Advanced Beginner 2.0–2.5  | Age 6–15
---|---
**8, 60 minute classes**
| Tu | 4:30–5:30pm | 1/7–2/25 | $91 / $121 | 393110.21 |
| F | 5:30–6:30pm | 1/10–2/28 | $91 / $121 | 393110.51 |
| Sa | 9:00–10:00am | 1/11–2/29 | $91 / $121 | 393110.61 |

#### 4, 60 minute classes
| Tu | 4:30–5:30pm | 3/10–3/31 | $45 / $60 | 393110.22 |
| F | 5:30–6:30pm | 3/13–4/3 | $45 / $60 | 393110.52 |
| Sa | 9:00–10:00am | 3/14–4/4 | $45 / $60 | 393110.62 |

### Age 9–11
**8, 60 minute classes**
| Tu | 5:30–6:30pm | 1/7–2/25 | $91 / $121 | 393210.20 |
| Sa | 10:00–11:00am | 1/11–2/29 | $91 / $121 | 393210.60 |

#### 4, 60 minute classes
| Tu | 5:30–6:30pm | 3/10–3/31 | $45 / $60 | 393210.22 |
| Sa | 10:00–11:00am | 3/14–4/4 | $45 / $60 | 393210.62 |

### Age 12–15
**8, 60 minute classes**
| Tu | 5:00–6:00pm | 1/7–2/25 | $91 / $121 | 393320.20 |
| Sa | 11:00am–12:00pm | 1/11–2/29 | $91 / $121 | 393320.60 |

#### 4, 60 minute classes
| Sa | 11:00am–12:00pm | 3/14–4/4 | $45 / $60 | 393320.61 |

### MARCH MADNESS
#### ADVANCED 3.5+
**Age 9 & up**
Please consult with instructor prior to registering if you have not previously enrolled in this level of play. Instructor Pro Rick Johnson. Small class size: 4 players.

### Age 9–15
**4, 60 minute classes**
| F | 5:00–6:00pm | 3/10–3/31 | $75 / $100 | 394430.50 |

### Age 16 & up
**4, 60 minute classes**
| Tu | 5:00–6:00pm | 3/10–3/31 | $75 / $100 | 394430.20 |

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### INDOOR TENNIS: ADULT
#### Beginner 1.0–1.5  | Age 16 & up
**8, 60 minute classes**
| M | 9:00–10:00am | 1/6–2/24 | $96 / $128 | 394030.10 |
| Sa | 9:00–10:00am | 1/11–2/29 | $96 / $128 | 394030.60 |

#### 4, 60 minute classes
| M | 9:00–10:00am | 3/9–3/30 | $48 / $64 | 394030.11 |
| Sa | 9:00–10:00am | 3/14–4/4 | $48 / $64 | 394030.61 |

#### Intermediate 3.0–3.5  | Age 9–15
**8, 60 minute classes**
| W | 5:00–6:00pm | 1/8–2/26 | $91 / $121 | 393520.30 |
| F | 4:00–5:00pm | 1/10–2/28 | $91 / $121 | 393520.50 |
| Sa | 12:00–1:00pm | 1/11–2/29 | $91 / $121 | 393520.60 |

#### 4, 60 minute classes
| W | 5:00–6:00pm | 3/11–4/1 | $45 / $60 | 393520.31 |
| F | 4:00–5:00pm | 3/13–4/3 | $45 / $60 | 393520.51 |
| Sa | 12:00–1:00pm | 3/14–4/4 | $45 / $60 | 393520.61 |

### Advanced 4.0  | Age 12–15
**8, 60 minute classes**
| Sa | 1:00–2:00pm | 1/11–2/29 | $91 / $121 | 393620.60 |

#### 4, 60 minute classes
| Sa | 1:00–2:00pm | 3/14–4/4 | $45 / $60 | 393620.61 |

### High School  | Age 14–17
For students already on or about to try out for their high school team. Must be comfortable in competitive tournament play.

**8, 60 minute classes**
| M | 5:00–6:00pm | 1/6–2/24 | $91 / $121 | 393621.10 |
| W | 6:00–7:00pm | 1/8–2/26 | $91 / $121 | 393621.30 |

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### NOTE:
For the classes below you must pass a tryout to register. Please call 703-435-6800 ext. 2114 to schedule. All students who were enrolled in the indoor class (not outdoors) from last season may enroll without a tryout.

### Intermediate 3.0–3.5  | Age 9–15
**8, 60 minute classes**
| Tu | 4:00–5:00pm | 1/7–2/25 | $96 / $128 | 394230.20 |
| Sa | 11:00am–12:00pm | 1/11–2/29 | $96 / $128 | 394230.60 |

#### 4, 60 minute classes
| Tu | 4:00–5:00pm | 3/10–3/31 | $48 / $64 | 394230.61 |
| Sa | 11:00am–12:00pm | 3/14–4/4 | $48 / $64 | 394230.62 |

### Advanced Beginner 2.0–2.5  | Age 16 & up
**8, 60 minute classes**
| F | 9:00–10:00am | 1/10–2/28 | $96 / $128 | 394430.50 |
| F | 4:00–5:00pm | 1/10–2/28 | $96 / $128 | 394430.52 |
| Sa | 10:00–11:00am | 1/11–2/29 | $96 / $128 | 394430.60 |

#### 4, 60 minute classes
| F | 9:00–10:00am | 3/13–4/3 | $48 / $64 | 394430.51 |
| F | 4:00–5:00pm | 3/13–4/3 | $48 / $64 | 394430.54 |
| Sa | 10:00–11:00am | 3/14–4/4 | $48 / $64 | 394430.61 |

### Intermediate 3.0–3.5  | Age 16 & up
**8, 60 minute classes**
| Tu | 4:00–5:00pm | 1/7–2/25 | $96 / $128 | 394330.20 |
| Sa | 11:00am–12:00pm | 1/11–2/29 | $96 / $128 | 394330.60 |

#### 4, 60 minute classes
| Tu | 4:00–5:00pm | 3/10–3/31 | $48 / $64 | 394330.21 |
| Sa | 11:00am–12:00pm | 3/14–4/4 | $48 / $64 | 394330.61 |

### Advanced 4.0  | Age 16 & up
**8, 60 minute classes**
| W | 7:00–8:00pm | 1/8–2/26 | $96 / $128 | 394330.30 |
| Sa | 12:00–1:00pm | 1/11–2/29 | $96 / $128 | 394330.60 |

#### 4, 60 minute classes
| Sa | 12:00–1:00pm | 3/14–4/4 | $48 / $64 | 394330.61 |

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### ALL STUDENTS MUST PROVIDE THEIR OWN RACQUET AND WEAR TENNIS SHOES.
INDOOR TENNIS

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.

**Men’s Doubles**  Age 16 & up
13, 2 hour sessions
Tu  8:30-10:30pm  1/7-3/31  $207 / $275  393030.21

**Women’s Doubles**  Age 16 & up
13, 2 hour sessions
W  9:00-11:00am  1/8-4/1  $197 / $262  390030.31

**Senior Doubles**  Age 50 & up
Sign up for one of our doubles leagues to play for the entire 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.
13, 90 minute sessions
M  12:00-1:30pm  1/6-3/30  $142 / $189  395040.10
Th  12:00-1:30pm  1/9-4/2  $142 / $189  395040.40

**Early Bird Tennis**  Age 16 & up
2.5 hour sessions
M-F  6:30-9:00am  1/6-4/3  $263 / $350  390130.11

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

**GIRLS**
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 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.
13, 90 minute sessions
AGE 8 & UNDER
Sa  6:00-7:30pm  1/11-4/4  $185 / $246  393141.60
AGE 10 & UNDER
Sa  6:00-7:30pm  1/11-4/4  $185 / $246  393141.61
Sa  7:30-9:00pm  1/11-4/4  $185 / $246  393141.62
AGE 12 & UNDER
Sa  6:00-7:30pm  1/11-4/4  $185 / $246  393141.63
AGE 14 & UP
Sa  7:30-9:00pm  1/11-4/4  $185 / $246  393141.64

**Preschool**
**2020-2021 School Year**
**Open House & Registration**
**Tuesday, February 18, 2020  6-8pm**
**Wednesday, March 4, 2020  6-8pm**
**Friday, April 17, 2020  1-3pm** (Bready Park)

**AGE 4-5 • M-F • 9:00am-12:00pm**
(Must be 4 by September 30, 2020)
$3,500 / $4,150*

**AGE 3-4 • Tu/Th • 1:00-3:00pm**
(Must be 3 by September 30, 2020)
$1,200 / $1,500*

The 4’s and 5’s meet daily Monday through Friday 9am-12pm, with an emphasis on skills needed to enter kindergarten. Curriculum includes field trips, outside free play, music and movement, and activities to celebrate the diversity of our classroom. The program is state-licensed, and the teacher child ratio is 3:20.

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. Class fee is payable in 10 monthly installments starting July 1, 2020.

For more information, contact Kimmie Alcorn at 703-435-6800 x2119 or kimmie.alcorn@herndon-va.gov.
**SANTA, STARS, & S’MORES**

Friday, December 6
7:00-8:30pm

Santa comes to Runnymede Park!
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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**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. Produced by Volunteer members of the town’s Cultivating Community Initiative.

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**JINGLES & JAMMIES**

Friday, November 29
5:30-9:00pm

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.

*Parents need to accompany children to the event. For the pool time: Children 5 & under: an adult must accompany child in the water. Children 8 & under: must be accompanied by an adult.

$5 per person
$18 per family
Pay at the door

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**5K TURKEY TROT**

Saturday, November 23

RACE STARTS AT 4:00PM
FROM THE HERNDON COMMUNITY CENTER

Register today and save!
More info at Herndon-va.gov/events

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**5K TURKEY TROT**

RACE STARTS AT 4:00PM
FROM THE HERNDON COMMUNITY CENTER

Register today and save!
More info at Herndon-va.gov/events
Father Daughter Dance
“Secret Garden”
Saturday, February 1
6:30-9:00pm  Age 3-12
Come dance the night
away in our secret garden!
A moment fathers and daughters will
treasure for the rest of their lives. This
semi-formal event will be held at the Herndon
Community Center and includes light
refreshments, DJ and dancing, a fun photo
booth, and a keepsake gift for each daughter.
Daughters may be accompanied by an uncle,
grandfather, or male guardian.
$55 per couple
$25 each additional daughter
350000.00

PASSPORT
to Fun Night
Friday, February 21
6:30-9:00pm  All ages
This annual family event is designed to
share time together and celebrate
Kids at Hope philosophy:
All kids are capable of success...No Exceptions.
Children must attend with an adult.
Swim, enjoy hands-on
activities, and spend time
as friends and family.
$2 per person or
$10 per family
PAY AT THE DOOR

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“Secret Garden”
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$2 per person or
$10 per family
PAY AT THE DOOR

CHILDREN’S
Performing Arts Series
MONDAYS
10:30-11:15AM
$4 IN ADVANCE / $5 AT THE DOOR
Children under the age of one are free. Adults
and children ages 1+ need tickets. Please print
your receipt to use as your ticket.

RAINBOW ROCK

JANUARY 20
Spanning rock, folk and beyond, Rainbow
Rock sings about shapes, colors, animals and
all sorts of kid-friendly themes! With National
Parenting, Moms and Family choice awards
behind them, Rainbow Rock is making a
difference through music and movement.
Beat the January blues with this award-
winning duo. 348000.11

ROCKNOCEROS

FEBRUARY 17
A nine-time WAMMY winner! This trio has
music parents actually enjoy and kids
love, including tunes about states, kid life,
brushing teeth, planets, sharing and the
playground. Beat the February doldrums
with a rockin’ good time. 348000.12

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Performing Arts Series
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Rock sings about shapes, colors, animals and
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with a rockin’ good time. 348000.12
Teddy Bear Tea Party
Saturday, February 15
2:00-4:00pm
Age 3-8
You are cordially invited to join us for tea time. Dress in your tea time best and bring your favorite teddy bear or stuffed friend. Come enjoy tea, treats, stories, and a special craft.

$18 per child/adult couple
$10 per additional person
Parents must accompany children.

$351000.60

Crafty Kids   Age 6-12
Have you progressed beyond the macaroni friendship bracelet? We offer constructive hands-on ways for kids to be innovative and creative. Projects include clay dishes, paint pour, and marbling.

8, 60 minute classes
Th 3:30-4:30pm  1/9-2/27  $75 / $100  310400.40
Th 4:30-5:30pm  1/9-2/27  $75 / $100  310400.41

Take Better Pictures   Age 16 & up
Take better pictures 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  1/9-2/27  $71 / $94  360130.41

ARTS & CRAFTS: POTTERY

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

6, 90 minute classes
W 5:00-6:30pm  1/8-2/12  $96 / $128  310110.30

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  1/6-2/24  $150 / $200  310150.11
Tu 6:30-9:00pm  1/7-2/25  $150 / $200  310150.21

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.
LIFE INTEREST: COOKING

Introduction to Cooking  Age 6-14
This is an introductory class designed to help kids to become familiar with cooking techniques and gain confidence in the kitchen. Students will learn the basics of cooking such as making sauces, boiling, and baking. By the end of the series, students will be able to make a full meal for dinner including an appetizer, main course, and dessert.

8, 90 minute classes
Th 4:45-6:15pm  1/9-2/27  $96 / $128  360150.42

Baking with Kids  Age 10-14
Kids will have a blast with this hands-on-baking class. Join us as we make delicious treats just in time for Valentines Day.

1, 2.5 hour class
Su 11:30am-2:00pm  2/9  $35 / $35  360340.01

Parent & Child Cooking Class – Three Easy Entrées  Age 6-14
The easiest way to get dinner on the table is for family members to cook together. Cooking with your kids is not just fun; it’s good for you! We’ll make three cheese chicken enchiladas, chili lime salmon and roasted cauliflower with olives.

1, 90 minute class
F 6:30-8:00pm  1/31  $35 / $35  360050.51

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!

Beginner/Intermediate
8, 90 minute classes
Sa 9:00-10:30am  1/11-2/22  $117 / $155  323530.60

Low Carb Snacks  Age 18 & up
Invite your friends over for a healthy nosh. We will make crowd-pleasing cauliflower bagel bites, cloud bread and spiced chickpeas.

1, 90 minute class
Tu 6:00-7:30pm  1/14  $30 / $30  360030.21

LIFE INTEREST: FIRST AID

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

1, 6 hour class
Su 12:00-6:00pm  1/26  $80 / $80  360151.72
Su 12:00-6:00pm  2/9  $80 / $80  360151.73
Su 12:00-6:00pm  3/1  $80 / $80  360151.74

Better Babysitting  Age 11-15
Learn to be a safe, reliable and CPR/First Aid trained babysitter. Students will be introduced to information on keeping children and infants safe, proper supervision and basic care giving skills. Students will receive training in Pediatric CPR/First Aid certification through American Heart Association. This is a FCPS day off school, students are encouraged to bring a packed lunch.

1, 8 hour class
M 8:00am-4:00pm  1/20  $105 / $105  360151.51
M 8:00am-4:00pm  2/17  $105 / $105  360151.52

LIFE INTEREST: ROBOTICS

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
M 5:00-6:30pm  1/6-1/27  $160 / $213  366150.10
M 5:00-6:30pm  2/10-3/2  $160 / $213  366150.11

Looking for better NUTRITION? Check out our NUTRITION CLASSES on page 14.
28  PARKS

HERNDON-VA.GOV/RECREATION  703-787-7300

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

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

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

FIND A PARK NEAR YOU

Herndon PARKS

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

<table>
<thead>
<tr>
<th>Category</th>
<th>TOH</th>
<th>NR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$7/8</td>
<td></td>
</tr>
<tr>
<td>Youth, Senior, Student</td>
<td>$5.75/6.50</td>
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</tr>
<tr>
<td>Family</td>
<td>$19.75/22.50</td>
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### 10-Visit Pass*

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<th>TOH</th>
<th>NR</th>
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<tr>
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<tr>
<td>Youth, Senior, Student</td>
<td>$52/59</td>
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### 25-Visit Pass**

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<th>NR</th>
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</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$140/160</td>
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<tr>
<td>Youth, Senior, Student</td>
<td>$115/130</td>
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### 30-Day Pass

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<tr>
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<td>$56/72</td>
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<tr>
<td>Youth, Senior, Student</td>
<td>$46/59</td>
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<tr>
<td>Adult 2-Person^</td>
<td>$84/108</td>
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<tr>
<td>Senior 2-Person^</td>
<td>$69/88</td>
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<tr>
<td>Adult/Senior 2-Person^</td>
<td>$74/95</td>
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<tr>
<td>Dependent Youth+</td>
<td>$14/18</td>
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### 6-Month Pass

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<tr>
<td>Adult</td>
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<tr>
<td>Youth, Senior, Student</td>
<td>$242/312</td>
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<tr>
<td>Adult 2-Person^</td>
<td>$441/576</td>
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<tr>
<td>Senior 2-Person^</td>
<td>$362/468</td>
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<tr>
<td>Adult/Senior 2-Person^</td>
<td>$389/504</td>
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<tr>
<td>Dependent Youth+</td>
<td>$72/94</td>
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### Annual Pass

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<tr>
<td>Adult 2-Person^</td>
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<tr>
<td>Senior 2-Person^</td>
<td>$621/819</td>
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<tr>
<td>Adult/Senior 2-Person^</td>
<td>$666/882</td>
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<tr>
<td>Dependent Youth+</td>
<td>$124/164</td>
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</tr>
</tbody>
</table>

* Expires 1 year after purchase  
** Expires 2 years after purchase  
^ Same household  
+ Dependent pass must be purchased with an adult pass

### Pass and Daily Admission Fee Includes

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

### Annual and 6-Month Pass Holders

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

### Annual Pass Holders

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

### Age Categories:

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

### Pool Use:

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

### Gymnasium Use:

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

### Fitness Room Use:

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

### Locker Room Use:

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

### Racquetball, Badminton, Table Tennis & Wallyball

Badminton and Wallyball rentals are two-hour sessions. The courts can 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

### Prime Time:

- Admission fee per player  
- $4 per hour +  
- $3.50 per session wallyball

### Non-Prime Time:

- $2 per session wallyball
  - $2 per session wallyball

---

### Parks & Recreation Department Staff

- Cindy S. Roeder, Director  
- Cynthia Hofteizer, Deputy Director  
- Nancy Burke, Administrative Assistant  
- Lori Rowland, Office Assistant  
- Lindsey Jones, Systems Technician  
- Kevin Breza, Recreation Program Coordinator  
- Abby Kimble, Marketing Specialist  
- Kerstin Severin, Aquatic Services Manager  
- Jim Heffel, Pool Operations Manager  
- Tomas Oliva, Assistant Pool 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  
- 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 Poppell, Performing Arts & Community Events  
- John Walsh, Sports & Community Events

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

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

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 29 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is completed 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 December 10.

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

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

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

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

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

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

Refund Policy for Classes & Programs

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<th>Time Frame</th>
<th>Refund</th>
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<tr>
<td>5+ days before class/program starts</td>
<td>Less 15% service charge</td>
<td>Full</td>
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<td>4 days before class/program starts until beginning of class</td>
<td>No*</td>
<td>Full with service charge less 15%</td>
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<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>
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* Exemptions: Medical reasons (with a doctor’s note preventing participation in class/program) or relocation over 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.

Registration Options
Open registration dates apply to all registration options—10:00am on December 4 for TOH residents, and 10:00am on December 10 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. ONLINE registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at herndon-va.gov/recreation. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon is not available online. Acceptance of our liability waiver will be required prior to registration.
2. IN-PERSON registration beginning 10:00am, December 4 for TOH residents; and 10:00am, December 10 for Non-Town residents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. MAIL a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, 777 Lynn Street, Herndon, VA 20170
4. FAX a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: 703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. DROP OFF a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.
6. NOTICE: In accordance with the Code of Virginia, a fee in the amount of fifty dollars ($50) will be collected for every check returned to the Town of Herndon.

ToH rate under their household account.
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 ___________________________

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

TOH = people who live in the Town of Herndon limits
NR = people living outside the Town of Herndon limits

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # ___________________________ EXP. DATE _____________

PRINT NAME OF CARD HOLDER ___________________________

SIGNATURE _______________________________________

OFFICE USE ONLY – Processed by: ___________________________

Payment Method C CK CC LC 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 ___________________________
Sunday, December 8
10am-4pm

Over 90 vendors. Unique gifts, holiday decorations and homemade items.

Free Admission & Parking

Herndon Community Center
814 Ferndale Avenue, Herndon, VA 20170

herndon-va.gov/events • 703-787-7300