



# ADULT LEAGUES/DROP-IN



## MORNING FITNESS WAKEUP s/c

Ages: 18 to 60

**Instructors: John Mays and Nathan Greiner** (certified personal trainers)

This class is a group personal training program for adults run by certified personal trainers. Get the benefits of your own trainer at a fraction of the cost. The program runs continuously throughout the year. It is designed to promote long lasting healthy habits and reduce the effects of aging in adults. Class will incorporate:

- ~ Weight Training – strong bones and muscles, weight management
- ~ Cardiovascular (indoor / outdoor) – increase heart efficiency, weight management
- ~ Flexibility Training – connective tissue health

*September 8 – October 4*

**233429 A1** – M/W/F, 6:00 a.m. – 7:00 a.m.

Fee: R \$149 / NR \$186 – Twelve Classes

*October 6 – November 1 (No class October 11)*

**233429 B1** – M/W/F, 6:00 a.m. – 7:00 a.m.

Fee: R \$137 / NR \$171 – Eleven Classes

*November 3 – December 3*

(No class November 24 and 26)

**233429 C1** – M/W/F, 6:00 a.m. – 7:00 a.m.

Fee: R \$149 / NR \$186 – Twelve Classes

## ADULT FALL TENNIS LEAGUE s/c

Ages: 18 and up

Registration is now being accepted for our fall tennis league. Registration Deadline is September 5<sup>th</sup>, unless league fills before then. All matches will be played at either Meadow Lane or Glyndon Park. Players should rate themselves as 2.5 or higher on the National Tennis Rating System to participate. Each league member will play a minimum of seven matches during the season. League rules, regulations, and schedules will be mailed to participants after the registration deadline date. There are two divisions; Division I will be the more competitive division. To compete in division I, players must rate themselves on the NTRS scale between a 3.5 and a 4.5 level. **Please indicate on the registration form which division you would prefer to play in. Please print your email address on the registration form as well.**

*September 12 (Women's play begins)*

All matches will begin at either 9:00am or 10:30am

**233041 A1** – Women's Division One – Sunday

**233041 B1** – Women's Division Two – Sunday

*September 11 (Men's play begins)*

All matches will begin at either 9:00am or 10:30am

**233040 A1** – Men's Division One – Saturday

**233040 B1** – Men's Division Two – Saturday

Fee: R \$15 / NR \$20

## ADULT DROP IN PROGRAMS

Ages: 18 and up

Basketball – Mondays and Wednesdays – 8:30 – 10:30pm

Volleyball – Tuesdays and Thursdays – 8:30 – 10:30pm

Table Tennis – Tuesdays and Thursdays – 8:30 – 10:30pm

\$3 for out of town residents, gym may be closed for special events.

**Please call the Community Center before you plan to arrive at 703-255-6360 to ENSURE the gym is open.**

*September 8 – November 22*

**Gym CLOSED: Oct. 6, 7, 11, Nov. 17, 18**

## ICE SKATING

For those who have not had organized skating instruction. Students will work on gliding, forward and backward swizzles, backward wiggles and one-foot glides. Seven week classes include 7 - 30 minute lesson, 7 free admissions to public skate sessions, free skate rental for lessons and practice, and free use of helmet. Classes held at Fairfax Ice Arena- 3779 Pickett Rd, Fairfax, VA.

### Ages 4-6

*October 4 – November 15*

**204460 A1** – M – 4:10 p.m. – 4:40 p.m.

*October 5 – November 16*

**204460 B1** – T – 6:30 p.m. – 7:00 p.m.

**204460 C1** – T – 10:45 a.m. – 11:15 a.m.

*September 30 – November 11*

**204460 D1** – TH – 6:00 p.m. – 6:30 p.m.

**204460 E1** – TH – 1:45 p.m. – 2:15 p.m.

*October 2 – November 13*

**204460 F1** – S – 10:05 a.m. – 10:35 a.m.

Fee: \$116 – Seven Classes

### Ages 7-13

*October 4 – November 15*

**214460 A1** – M – 3:35 p.m. – 4:05 p.m.

*October 5 – November 16*

**214460 B1** – T – 6:35 p.m. – 7:05 p.m.

*September 30 – November 11*

**214460 C1** – TH – 6:35 p.m. – 7:05 p.m.

*October 2 – November 13*

**204460 D1** – S – 10:40 a.m. – 11:10 a.m.

Fee: \$116 – Seven Classes

### Ages 14 – Adults

*October 5 – November 16*

**254460 A1** – T – 7:45 p.m. – 8:15 p.m.

**254460 B1** – T – 10:45 a.m. – 11:15 a.m.

*September 30 – November 11*

**254460 C1** – TH – 7:45 p.m. – 8:15 p.m.

**254460 D1** – TH – 1:45 p.m. – 2:15 p.m.

*October 2 – November 13*

**254460 E1** – S – 11:15 a.m. – 11:45 a.m.

Fee: \$116 – Seven Classes