



Vienna

PARKS AND RECREATION PROGRAMS AND EVENTS GUIDE
FALL 2015

**FALL
SPECIAL
EVENTS**

See pages 15 to 18

**SEPTEMBER
Community Center
Renovations Begin**

See page 14

**FALL
Adult Trips**

See pages 24 & 25

TOWN OF VIENNA PARKS AND RECREATION
Creating community through people, parks and programs

TOWN OF VIENNA FALL 2015

GENERAL INFORMATION

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ACTING DIRECTOR

Amy-Jo Hendrix..... 703-255-6357

COMMUNITY CENTER

Leon Evans, Community Center Manager..... 703-255-6355

Nick Jones, Assistant Manager 703-255-5726

PARKS

John King, Parks Manager 703-255-6336

Gary Lawrence, Arborist/Horticulturist 703-255-6309

RECREATION

Brandy Wyatt, Recreation Program Coordinator II 703-255-5721

Brian Hanifin, Recreation Program Coordinator — Camps..... 703-255-6352

Kathy Blevins, Recreation Program Coordinator..... 703-255-7801

PARKS AND RECREATION

Business Office 703-255-6360

PHONE NUMBERS

Community Center Front Desk..... 703-255-6360

Fax..... 703-255-6399

Weather, Special Events and Sports Line..... 703-255-7842

Virginia Relay Center..... 711

BUSINESS OFFICE HOURS

Monday–Friday — 8:00 a.m.–4:30 p.m.

YOUTH TEAM SPORTS

VIENNA BABE RUTH LEAGUE — boys ages 13–18, call Ed Cazenias for information at 703-281-2671. Website: www.leaguelineup.com/viennababeruth

VIENNA LITTLE LEAGUE — For children ages 5–12, Little League also sponsors a T-ball program. For further information email at cerv1939@aol.com

VIENNA GIRLS SOFTBALL LEAGUE — Softball program for girls ages 6–18. For more information visit their website at www.vgsl.org

VIENNA YOUTH INC. — Programs in football, lacrosse, rugby, and wrestling for boys, and cheerleading for girls ages 7–16 and basketball and track for boys and girls ages 7–16. For more information, the following are phone numbers for the various sports, or access the website at www.vyi.org

Football — Dave Hall — chall14@cox.net

Wrestling — Rod Hines — rodhines1@yahoo.com

Basketball — Jay Brigham — brighamj@verizon.net

Cheerleading — Lisa McDonald — vyicheer@gmail.com

Lacrosse — Mary Forde — **703-281-3221**

Rugby — Cat Swiger — viennarugby@outlook.com

Volleyball — Chuck Pruitt — volleyball@vyi.org

Track & Field — Craig Chasse — 703-319-2438 — cchasse.acds@juno.com

VIENNA YOUTH SOCCER — For boys and girls ages 5–18, call VYS voice mail at 703-242-3828 #2 for information. Website is www.vys.org

FALL 2015 REGISTRATION

REGISTRATION DATES

IN TOWN BEGINS

August 3 at 8:00 a.m.

Classes need to reach the minimum number one week prior to the start date or they will be canceled. Camps must meet the minimum two weeks prior to the start of camp. Trips must meet the minimum thirty days before the trip.

OUT OF TOWN BEGINS

August 10 at 8:00 a.m.

ON-LINE REGISTRATION WEBTRAC

How does it work?

If you have registered for a class or program from January 2008 to present, you have been assigned a user name and password.

For first time user, your user name and password is your household ID number.

If you have questions about your user name or password, call the Community Center at 703-255-6360 and we will email your user name and password.

Log onto our website (www.viennava.gov) click on the **Parks and Rec Registration in the FAQ**. Click on **WebTrac**.

1. Welcome Page — Enter your user name and password to sign-in. You are instructed to change your password when you log-in for the first time.
2. To view the list of activities select the **"Search"** option on the navigation bar and then select **"Activity Search"** from the drop-down list.
3. Enter the six-digit activity number of the desired program/activity and select **"Search"** to view.
4. If you do not know the six-digit activity number, you have the option to select a list of activities by type or choose to search **"All Types"** of programs to view.
5. Choose the shopping cart icon on the left of the activity you want to register for and select **"Enroll Now"**.
6. Select the family member you wish to enroll from the **"Family Member to Register"** pull-down box and select **"Add to Cart"**.
7. Select **"Continue Shopping"** or **"Proceed to Check Out"** and review your billing information.
8. Continue on to begin the payment authorization process. Use the **"View Your Receipt"** button to view and/or print a receipt.
9. Once you have closed your receipt, your transaction is complete and you can select to go back to the **"Home Page"** or **"Log-Out"**.
10. If you experience difficulties, please call our main number at 703-255-6360.

How to add your household to Webtrac?

Go to www.viennava.gov click on departments — click on Parks and Recreation — click on registration information — click on webtrac.

Click on the link **Please use this link to register for the first time**. Input all household information then click finish.

HISTORIC VIENNA, INC.



HISTORIC VIENNA, INC. is in need of volunteers to help staff and coordinate both old and new programs. Areas of need are: Tour Guides and Store Docents. Hours and times may vary. Training provided. Call 703-938-5187.

FREEMAN HOUSE MUSEUM AND STORE

Located at 131 Church Street NE, the Freeman House Museum and Store is jointly owned and operated by the Town of Vienna and Historic Vienna, Inc. Tours may be scheduled by calling 703-938-5187.

Store Hours:

Wednesday through Sunday
12 p.m.–4 p.m.

The Store is closed during the month of January.

LITTLE LIBRARY

The Little Library is now open the first Sunday of each month (except January) from 1:00 p.m. to 4:00 p.m.

AMERICANS WITH DISABILITIES ACT

The Vienna Parks and Recreation Brochure will be made available in large print or on Audio Cassette upon request.

Call 703-255-6360 • TTY 703-255-5739
Virginia Relay Center 711.

The Town of Vienna does not discriminate on the basis of disability in the administration or access to, treatment of, or employment in its programs or activities. The Director of Public Works at 127 Center Street S, Vienna, VA 22180 has been designated to coordinate ADA compliance.

This location is fully accessible to persons with disabilities. Translation requests need to be made in writing at least fourteen working days before the day of the event.

GENERAL INFORMATION



REGISTRATION DATES AND TIMES

- In Town (walk-in, mail-in, Webtrac, fax) begins August 3 at 8:00 a.m.
- Out of Town Registration (walk-in, mail-in, Webtrac, fax) begins August 10 at 8:00 a.m.

Registration can be dropped off at the main lobby of the Community Center until August 30.

Monday–Friday, 8:00 a.m.–10:00 p.m.;
Saturday 9:00 a.m.–6:00 p.m.; and
Sunday 12:00 p.m.–7:00 p.m.

All registrations, sent by mail, dropped off or faxed are randomly entered into the Rectrac System.

BUSINESS OFFICE LOCATION DURING RENOVATION:

Cedar Lane Shopping Center
262M Cedar Lane SE
2nd Floor, Units 4, 6 and 10
Vienna, VA 22180

REGISTRATION FORM

- Please use a separate registration form for each distinct household. Example: do not sign up your neighbor or family member residing at a different address on your form.
- Please include complete address, phone numbers and e-mail information.
- Include activity number, section, name and birthdate.

FEES

- Full payment must be included with your registration form.
- Sending the incorrect fee will delay your registration.
- **Forms of payment** are CREDIT CARD (American Express, Discover, Master Card or Visa), CHECK (made payable to the Town of Vienna) or CASH (exact change only).
- **R** next to the fee indicates individuals that reside within the corporate limits of Vienna.
- **RSR** next to the fee indicates seniors 65 and over that reside within the corporate limits of Vienna.
- **NR** next to the fee indicates individuals that reside outside the corporate limits of the Town of Vienna.



AGE REQUIREMENT

Participants must meet the age requirements by the first day of the program.

CLASS CANCELLATIONS

We reserve the right to cancel a class, program or special event due to insufficient enrollment. All programs require a minimum number of participants. Programs are normally canceled one week before each session begins. A full refund will be given. **PLEASE REGISTER EARLY!**

CLASS REFUNDS AND CREDITS

Refunds — To obtain a full refund or credit, a request must be submitted 14 calendar days prior to the start of the program. A refund requested less than 14 calendar days prior to the start of the program will incur a 50% penalty (\$50 max) per program.

Credits — There is no fee for a household credit submitted 14 calendar days prior to the start of the program. A household credit requested less than 14 calendar days prior to the start of the program will incur a 10% penalty per program.

No refunds or credits will be given after the first class without a doctor's note. No refunds will be given for materials fee or Pottery Lab. All requests for refunds and credits must be submitted in writing.

Trips — No refunds or credits will be issued within 30 days of the trip. Please note some trips require a deposit, deposits are non-refundable.

All requests for refunds or credits must be submitted in writing.

CAMP REFUNDS AND CREDITS

Camp fees must be paid in full at the time of registration. All requests for refunds prior to 14 calendar days of the camp start date will incur a 50% penalty or \$100 max per camp session.

There will be no refunds or credits less than 14 calendar days prior to the start of camp unless a doctor's note is presented and we can fill the vacant spot. Once the vacant spot is filled and paid for we will issue a full refund.

A Transfer can be made 14 calendar days prior to the start of camp without a penalty incurred. There are no transfers within 14 calendar days.

All transfers/cancellations must be made in writing.

Camps will be canceled if they do not meet the minimum number two weeks prior to start.

PRORATED CLASSES

We will prorate classes for students registering late for a class/camp, however, we cannot prorate the class fee for students who will miss classes in the middle of the session.



CLASS LOCATIONS

Please note that pottery classes are held at the Bowman Arts and Crafts Center, 211 Center Street S. Locations are fully accessible to persons with disabilities. Request from persons with disabilities are to be requested in writing at least seven (7) working days before the day of the class. Call 703-255-6360.

See the LOCATION KEY on page 6 for other class locations during our renovation.

INCLEMENT WEATHER POLICY

Outdoor Programs Held in Spring, Summer and Fall Seasons

Decision on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/classes will be rescheduled when possible. For those programs/classes that cannot be rescheduled a credit will be given for the class.

CANCELLATION DUE TO INCLEMENT WEATHER

- All classes/programs starting before 3:00 p.m. are canceled when Fairfax County schools close for the day.
- For classes starting at 3:00 p.m. or later, a decision will be made by 1:00 p.m. that day, please call the weather line at 703-255-7842.
- When Fairfax County schools have a delayed opening, classes will be held as scheduled.
- On weekends we will follow Fairfax County Schools with regard to snow, if programs are canceled we will cancel our classes.

CONFIRMATION POLICY

Please note the date and time of your class. If registering by Webtrac a confirmation can be printed from the screen. For in person, drop off, mail-in and faxes a confirmation will be emailed to you within one week. We may also need to notify you if your class is canceled or changed, therefore we must have a day time telephone number and e-mail address.

GENERAL POLICY

- Please arrive on time for classes. We cannot hold up a classroom of students for those that are late.
- TO ENSURE THE SAFETY OF YOUR CHILD PLEASE ACCOMPANY YOUR CHILDREN TO AND FROM THE CLASSROOM.
- Please pick up your children promptly at the end of class. Before and after class supervision is not available. We may find it necessary to charge an additional fee of \$10 to parents who are habitually late in picking up their children.
- We will reschedule all classes we cancel, however, we cannot reschedule classes for students who miss classes.
- If students cannot be a cooperating member of class they will be asked to withdraw. A refund will be issued for the remaining classes. No refunds will be issued for supply fees or Pottery Lab.

BEHAVIOR POLICY

- Parks and Recreation classes are to be enjoyed by all from youth through adults. Participants that continually disrupt the class experience for other class members will be asked to withdraw from the class. You will receive a refund for the balance of the class, however materials fees or Pottery Lab fees will not be refunded.

WEBTRAC

- **WEBTRAC WILL ALLOW YOU TO REGISTER ON-LINE.**
- **WebTrac** can be found on the Internet by going to www.viennava.gov and clicking on the Parks and Recreation Registration listed under FAQ.
- Some trips, programs and events may require you to come to the Community Center or to fax or mail-in registration.
- Full payment is required at the time of registration and you must use a credit card (American Express, Discover, Master Card or Visa).
- **WebTrac** is secured by Verisign-Thwart and your credit card information is not viewable by any outside parties.

IN ORDER FOR US TO KEEP YOUR INFORMATION UP TO DATE, REMEMBER TO NOTIFY US OF A CHANGE OF ADDRESS, PHONE NUMBER, E-MAIL, ETC.

CLASS AND CAMP RELOCATIONS

We are excited about the upcoming renovations to the Community Center. The Community Center will be shut down during the length of the renovation.

Thanks to many organizations in the area, we are able to relocate many of our programs.

The locations listed in this brochure may change as we get closer to the renovation start date in September. We will keep everyone informed of any changes through email. Please make sure we have an accurate email and phone number.

PARKS



BRANCH ROAD TOT LOT is located at the intersection of Locust Street and Branch Road, SE. This park has playground equipment for children ages 2-5. There are no restrooms at this park.

GLYNDON PARK is located on the north side of Maple Avenue on Glyndon Street. It has two lighted tennis courts, a basketball court, ball field, picnic areas with pavilions, playground equipment and restrooms. The park pavilion may be reserved for picnics by contacting the Community Center. See reservation fees.

MEADOW LANE PARK is located on the corner of Meadow Lane, Ware Street and Courthouse Rd. This park has two lighted tennis courts, a basketball court, ball fields, playground equipment, restrooms and pavilions. The park pavilion may be reserved for picnics by contacting the Community Center. See reservation fees.

MOOREFIELD PARK is located at 700 Courthouse Road adjacent to Nottoway Park. There is on-site parking with walking trails connecting to Nottoway Park. This is also the site of Vienna Dog Park. No restrooms.

NORTHSIDE PARK is located at the end of Glyndon Street on the north side of Maple Avenue. The park is a slice of undisturbed woodland with winding trails. A hiker and biker connector boardwalk is open. No restrooms.

PETERSON LANE PARK is located on Malcolm Rd. NW and is jointly operated and owned by the Town of Vienna and Fairfax County Park Authority. This park has playground equipment, a basketball court, open fields and walkways. No Restrooms.

SARAH WALKER MERCER PARK new in 2006 this park is located at the corner of Nutley and Knoll Street NW. This is a neighborhood park with walking paths, seating areas and an abundance of plant material. This park has the Town's first rain garden. No restrooms.

SOUTHSIDE PARK is located on Ross Drive and is the site of Babe Ruth baseball, men's slow pitch, coed softball and youth football games. Playground equipment, sand volleyball court and basketball court are also available at this park. The park pavilion may be reserved for picnics by contacting the Community Center.

VIENNA DOG PARK located at 700 Courthouse Road. This off-leash dog park is situated in Moorefield Park. The fenced 90 x 150 area is shaded with on-site water. Owners and dogs must follow posted rules and regulations. Dogs must be licensed by the Town of Vienna or Fairfax County. The park is open dawn to dusk. Please follow all rules and pick up after your dogs. No restrooms.



VIENNA TOWN GREEN located at 144 Maple Avenue East. Our newest park is in the Town center and is home to the Town Green Performance Series. The Town Green includes a plaza, lawn area, amphitheater, seating and picnic areas, restrooms and parking. The park has Wifi on site.

WILDWOOD AND STREAM VALLEY PARKS are linear stream buffer parks with a combination of asphalt, woodchip and natural trails. No restrooms.

SHELTER FEES AND RESERVATIONS

NEW: Reserve your picnic shelter on-line for the 2015 Picnic Season

Shelters are available for groups up to 75 people. Shelters are available for rent from April through mid-October.

To make a shelter reservation you must be in our webtrac system. Go to www.viennava.gov in the FAQ click on Parks and Rec Registration then click on webtrac. Once in webtrac enter your user name and password or if you are new to webtrac create an account. To check availability of park shelters click on Facility tab to begin your search.

- Town of Vienna Groups — \$25 for 5 hours
- Out of Town — \$50 for 5 hours
- Bathroom Refundable Key Deposit — \$50
- Electricity Fee — \$25
- Water Fee — \$25

Fairfax County Park Authority (703-246-5700) and Northern Virginia Regional Park Authority (703-352-5900) also have park shelters.

LOCATION KEY

- BH – Bowman House Arts and Crafts Center
211 Center Street S, Vienna VA**
- GP – Glyndon Park
300 Glyndon Street NW, Vienna, VA**
- ML – Meadow Lane Park
599 Meadow Lane, SW, Vienna, VA**
- PHL – Patrick Henry Library
101 Maple Ave, E, Vienna, VA**
- PCC – Providence Community Center
3001 Vaden Drive Fairfax VA 22031**
- VBC – Vienna Baptist Church
541 Marshall Rd SW, Vienna, VA**
- VPC – Vienna Presbyterian Church
124 Parks Street NE Vienna, VA**
- VVFD – Vienna Volunteer Fire Department
400 Center Street S, Vienna, VA**
- TH – Town Hall
127 Center Street S, Vienna, VA**

MUSIC TOGETHER

Ages: Newborn–5 years and their moms, dads, relatives and/or caregivers

Tuesday — Anne Whitten

Friday — Anne Whitten

Saturday — Gail Browne

This is the essential Music Together class, one that a child can attend from birth through age five through all nine song collections. This basic class follows the recommendations of child development researchers—grouping children of a variety of ages because this fosters natural, family-style learning. Younger children enjoy watching and imitating older ones; older children learn by leading younger ones; and adults are happy because the children in the family can go to class together to share this important family music experience. Each child participates at his or her own level in singing, moving, chanting, listening, watching, or exploring musical instruments. There is no charge for siblings under eight months (at start date of class). Your family will receive a professionally recorded CD of the semester's song collection, an illustrated songbook with activities and parent education, and access to Music Together's online Family Music Zone. In addition, all families new to Music Together receive a DVD explaining our principles, research and philosophy.

Location for Friday and Saturday: VPC

Location for Tuesday: CL

September 15–November 24 (No Class November 3)

Tuesday — 9:30 a.m. and 10:30 a.m.

September 18–December 4 (No Class October 9 and November 27)

Friday — 9:30 a.m. and 10:00 a.m.

September 19–November 21

Saturday — 9:00 a.m., 10:00 a.m. and 11:00 a.m.

LITTLE SHOTS TENNIS

Instructor: First Serve Tennis

An introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball and racket. A tennis racket is required. *NO CLASS 10/10,10/12,11/11.

Location: Meadow Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204040-A1	9/14-11/16	9	M	4:30-5:15P	4y-6y	\$180/\$225
204040-B1	9/16-11/18	9	W	4:30-5:15P	4y-6y	\$180/\$225
204040-C1	9/18-11/13	9	F	4:30-5:15P	4y-6y	\$180/\$225

SPORTS AND GAMES FOR KIDS

Instructor: Chris Kurtzman

Learn the fundamentals of team sports such as soccer, basketball, baseball, hockey and volleyball. Children can release energy, get exercise, learn new sports and games, and socialize with other children. Values such as sportsmanship, teamwork, sharing and consideration of others will be stressed. Please bring a large water bottle, and appropriate athletic shoes. *NO CLASS 11/11,11/25

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204706-A1	9/16-12/9	11	W	1:30-2:45P	4y-6y	\$165/\$206.25

ALL SPORTS FOR KIDS

Instructor: Helen Petrakes

All Sports will introduce a variety of team sports such as baseball, soccer, volleyball, basketball, and hockey in a safe, fun environment. Children will have a chance to socialize with their peers and release energy, while playing games and learning the fundamentals of various team sports. We will focus on motor skill development and ball handling skills as well as emphasizing good sportsmanship and teamwork. *NO CLASS 11/11,11/25

Location: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204707-A1	9/15-12/8	13	Tu	2-3:15P	3y-6y	\$195/\$243.75
204707-B1	9/16-12/9	11	W	2-3:15P	3y-6y	\$165/\$206.25

UK ELITE SOCCER — MOMMY AND ME

Instructor: UK Elite Soccer

U.K. Petite Soccer Program offers young children the perfect introduction to the world's most popular sport! Our unique "games based" approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability in a stimulating, motivating, educational environment. Programs are 6 weeks in length with each class 30 minutes. Classes are themed from week to week so the players are able to relate to the theme, for example, Week 1 — Animals. The model of the program is structured to build from individualized learning (ball each) to small group activities (shared ball, cooperation and/or teamwork) to conditioned games (small scrimmages).

Mommy and Me is a program that encourages the parent to join in with their child to ensure that the learning and understanding of every player is being achieved. Classes are held at Peterson Lane Park, Malcolm Road NW. *NO CLASS 10/9,10/10

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214330-A1	9/19-10/31	6	Sa	8:30-9A	24m-3y	\$75/\$93.75
214330-B1	9/19-10/31	6	Sa	9:10-9:40A	24m-3y	\$75/\$93.75
214330-C1	9/18-10/30	6	F	4-4:45P	24m-3y	\$105/\$131.25

UK ELITE PETITE SOCCER

Instructor: UK Elite Soccer

As a sport that incorporates constant movement, aerobic exercise, balance and eye-foot coordination as well as healthy social interaction, it is an ideal activity to promote all round physical development in early childhood. Through the medium of soccer, our curriculum includes fantasy based fun activities and games.

This will introduce the sports as well as capture the imagination and develop age appropriate motor and creativity skills.

Classes will be held at Peterson Lane Park, Malcolm Road NW.

*NO CLASS 10/9,10/10

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214331-A1	9/19-10/31	6	Sa	9:50-10:20A	3y-5y	\$75/\$93.75
214331-B1	9/19-10/31	6	Sa	10:30-11A	3y-5y	\$75/\$93.75
214331-C1	9/18-10/30	6	F	5-6P	3y-5y	\$105/\$131.25

PRESCHOOL/ YOUTH SPORTS



UK ELITE SOCCER — TECHNICAL PROGRAM

Instructor: UK Elite Soccer

This is a Technical Program which focuses on ball mastery and the individual player's technique. The class will focus on improving fundamental motor skills and will also introduce the players to an organized game environment, in a 4v4 format. The classes will be conducted by a professional trainer and will consist of 6 x 60 minute classes. This program will be a stepping stone toward competitive Club Soccer. Classes are held at Peterson Lane Park, Malcolm Road NW. *NO CLASS 10/9

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214332-A1	9/18-10/30	6	F	6-7P	6y-10y	\$105/\$131.25

TENNIS

FUN AND FUNDAMENTALS

TENNIS 1 & 2

Instructor: First Serve Tennis

Through fun skill building games, beginners and advanced beginners learn and develop the fundamental strokes. Students are encouraged to repeat this class until they can consistently put the ball in play.

*NO CLASS 10/12,11/11

Location: Meadow Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214040-A1	9/14-11/16	9	M	5:30-6:30P	7y-10y	\$180/\$225
214040-B1	9/14-11/16	9	M	6:30-7:30P	10y-14y	\$180/\$225
214040-C1	9/16-11/18	9	W	5:30-6:30P	10y-14y	\$180/\$225
214040-D1	9/16-11/18	9	W	6:30-7:30P	7y-10y	\$180/\$225
214040-E1	9/18-11/13	9	F	3:30-4:30P	10y-14y	\$180/\$225
214040-F1	9/18-11/13	9	F	5:30-6:30P	14y-18y	\$180/\$225

TENNIS 3 — MIDDLE SCHOOL DRILL AND MATCH PLAY

Instructor: First Serve Tennis

Program helps players build skills & learn tactics necessary to succeed in competitive tennis. Each session is a mix of instruction via drills and match play. This is for experienced intermediate players only. Ability to rally & serve or coach's recommendation required.

Location: Meadow Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214041-A1	9/18-11/13	9	F	6:30-7:45P	10y-14y	\$225/\$275

GYMNASTICS

Gymnastic Parents Please Note:

- Due to the large number of parents and siblings watching the gymnastic classes we are requesting that parents remain in the family seating area during class.
- If requested, you may need to present a birth certificate for first time students 3 and up.
- In all classes, students should wear tight fitting clothes and either gymnastic shoes or be prepared to go barefoot.
- During class we ask parents of students to wait in the family seating area.

TUMBLES AND TWISTS

Instructor: Shannon Lake

This fun-filled program gives tots the chance to use their imagination to the fullest through creative movement, interactive songs, tumbling and stretching exercises designed to help them understand the movement abilities of their bodies. *NO CLASS 10/12

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204061-A1	9/15-11/17	10	Tu	1:30-2:15P	3y-5y	\$55/\$70
204061-B1	9/17-11/19	10	Th	1:30-2:15P	3y-5y	\$55/\$70
204061-C1	9/14-11/16	9	M	3-3:45P	3y-5y	\$49.50/\$63

MINI TUMBLERS

Instructor: Shannon Lake

This class focuses on beginning tumbling skills. While having fun, children will learn body awareness through stretching exercises, animal walks and tumbling skills. Children need to be able to separate from their parent and be a cooperating member of class. *NO CLASS 10/12

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204063-A1	9/15-11/17	10	Tu	2:30-3:15P	3y	\$55/\$70
204063-B1	9/15-11/17	10	Tu	3:30-4:15P	4y-5y	\$55/\$70
204063-C1	9/17-11/19	10	Th	2:30-3:15P	4y-5y	\$55/\$70
204063-D1	9/17-11/19	10	Th	3:30-4:15P	3y	\$55/\$70
204063-E1	9/14-11/16	9	M	2-2:45P	3y-5y	\$49.50/\$63

TUMBLING PLUS

Instructor: Shannon Lake

These classes will focus primarily on gymnastics floor exercise skills. There will also be instruction on floor beam as well as springboard. Flexibility and strength will be included. All skill levels welcome. Children will progress based on individual ability levels.

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214064-A1	9/15-11/19	20	Tu,Th	4:30-5:30P	5y-13y	\$130/\$160

DRAWING AND PAINTING



TWOOSY DOODLERS

Instructor: Abrakadoodle Staff

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and mom's helpers get to play too. Materials fee of \$32 is due the first day of class, made payable to Abrakadoodle.

Location: BH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
207250-A1	9/15-11/17	10	Tu	9:15-10A	21m-3y	\$140/\$175
207250-B1	9/15-11/17	10	Tu	10:15-11A	21m-3y	\$140/\$175
207250-C1	9/19-11/21	10	Sa	10-10:45A	21m-3y	\$140/\$175

MINI DOODLERS

Instructor: Abrakadoodle Staff

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique. Materials fee of \$32 is due the first day of class, made payable to Abrakadoodle.

Location: BH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
207251-A1	9/15-11/17	10	Tu	11:15-12P	3y-6y	\$140/\$175
207251-B1	9/19-11/21	10	Sa	11-11:45A	3y-6y	\$140/\$175

DOODLERS

Instructor: Abrakadoodle Staff

Children create their own unique masterpieces through painting, drawing, and exploring creative materials. Each lesson introduces children to new techniques and artistic styles. The teacher provides and guidance and inspiration. Classes help children develop both skills and confidence! Materials Fee of \$32 is due the first day of class, made payable to Abrakadoodle.

Location: BH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
207252-A1	9/19-11/21	10	Sa	12:30-1:30P	6y-12y	\$140/\$175

POTTERY

CHILDREN'S CLAY STUDIO

Instructor: Bonnie Fitzgerald

This class will introduce children to the basics of working with clay: wedging, rolling and using slabs, tile making, coils, and hand built sculpture. Several small projects will be worked on and everyone can expect to complete at least three different pieces. The final week we will experiment with glazes and other surface enhancements. Open to all skill levels. Projects will be different from those offered in previous sessions. Repeat students welcome. Classes are held at the Bowman House, 211 Center Street S. *NO CLASS 11/2

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
217210-A1	10/19-11/16	4	M	4:15-6P	6y-10y	\$135/\$168



YOUTH CLAY SCULPTURE

Instructor: Bonnie Fitzgerald

Children will learn various hand-building techniques to create at least one bas relief sculpture and one 3-dimensional work. Students will experiment making small prototypes, learn technical considerations and elements of design will be introduced as related to sculpture: line, form, positive and negative spaces, etc. Open to all skill levels. Projects will be different from those offered in previous sessions. Repeat students welcome. Classes will be held at the Bowman House, 211 Center Street S. *NO CLASS 11/11

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
217211-A1	10/21-11/11	3	W	4:15-6P	10y-13y	\$135/\$168

YOUTH AND TEEN PROGRAMS



THEATER

MUSIC THEATER BEGINNER 1

Instructor: Babs Dyer

Come join us for an introduction to musical theater. No experience necessary. We will explore everything from the audition to the final curtain. Be ready to sing, dance and act. Comfortable clothing suggested.

Location: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
218140-A1	10/19-12/7	8	M	4-5P	8y-12y	\$52/\$65

MUSIC THEATER II

Instructor: Babs Dyer

Ace your next audition. Find music to suit your style and monologues that fit your personality. Improve your dance ability. This class is for the serious performer.

Location: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
218141-A1	10/19-12/7	8	M	5-6P	10y-16y	\$52/\$65
214064-B1	9/15-11/19	20	Tu,Th	5:30-6:30P	5y-13y	\$130/\$160

ACT IT OUT

Instructor: CARE Actor Staff

Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various acting games as well as act out a story that draws out these positive values using costumes and props. This class will present their favorite story on the last day of class!

Location: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
218142-A1	9/22-11/24	10	Tu	4:15-5P	4y-6y	\$135/\$168.75

DRAMATIC KIDS

Instructor: CARE Actor Staff

This theater arts class for elementary age students is bound to keep you up on your feet and down on the ground with fun and laughter. Throughout the class, these fine actors will engage in improvisational theater, acting techniques and scene work, while working on writing their own original monologues and skits based on character education topics. This class will write and perform their own original sketches on the last day of class!

Location: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
218143-A1	9/22-11/24	10	Tu	5:15-6:15P	7y-10y	\$155/\$193.75



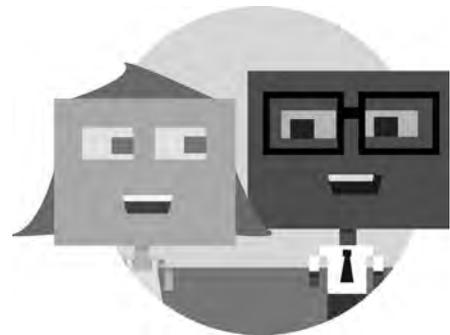
DIGITAL KIDS: INNOVATE/CREATE WITH THE IPAD

Instructor: M2 Academy

In this class, we will use basic existing and emerging technologies as tools to complete meaningful and innovative projects. Prior experience using technology is not required for this class; we will not design robots, program games, or engineer bridges. Instead, we will use the iPad as a vehicle for our imaginations and creativity. Through a variety of applications, students will have the opportunity to produce stop motion videos, design digital art, stream self-directed movies, engage in digital storytelling, animate digital cartoons, record their own voice on avatars, construct multimedia presentations, and more — all using a single device: the iPad! Our Instructors follow a carefully designed curriculum that promotes technology as a positive tool for production, not just hardware for consumption. Students will utilize critical 21st century skills during every lesson — such as collaboration, creativity, problem solving and communication. Additionally, students will learn the importance of being safe, practicing proper digital citizenship and remembering to always use kind 'netiquette' in this globally-connected world. Feel free to bring in an iPad from home or use one provided by m2academy. *NO CLASS 10/28,11/11,11/25

Location: LIB

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214460-A1	9/16-12/9	10	W	4:30-5:30P	7y-12y	\$149/\$186.25



MINECRAFT PROGRAMMING USING LUA

Instructor: C3 Cyberclub

Using a custom mod called "Computercraft", students will learn how to program robots called "Turtles" inside the world of Minecraft. Kids will utilize problem solving skills by learning how to program their robots to complete various tasks such as programming their turtles to automatically build, mine, and craft items and structures. They will be introduced to programming if-then-else statements, for-while loops, and implement their own functions using LUA, a simple scripting language. Looking for a fun way to introduce your child to programming? Why not do it using a game they love! *Note: Basic reading skills required.* Experience playing Minecraft preferred, but not required. *NO CLASS 11/28

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
222550-A1	10/31-12/12	6	Sa	2-3P	6y-9y	\$149/\$186.25
222550-B1	10/31-12/12	6	Sa	3:15-4:15P	10y-14y	\$149/\$186.25



CLUB PHOENIX TEEN CENTER

CLUB PHOENIX TEEN CENTER



The Vienna Community Center and the Club Phoenix Teen Center are going under renovation this Fall and will be closed for the duration. We have made it a top priority to find a space to relocate the Club Phoenix Teen Center in order to operate the same stellar free programs that we have been offering our great community for the past 15 years.

Please bear with us as we transition. We will keep you updated on the relocation progress. If you have any questions or concerns please contact **Brian Hanifin 703-255-6352** or **bhanifin@viennava.gov**

A registration form is required for all teens wishing to participate in any Club Phoenix activity. Registration forms may be picked up at the Town Hall Reception Desk, Club Phoenix, and at our web site **www.vienava.gov**. Club Phoenix is staffed by the Vienna Parks and Recreation Department.

SCHOOL YEAR HOURS OF OPERATION:

Beginning September 8th

6th–8th Grade:

Monday–Friday

2:30 p.m.–6:30 p.m.

CLOSED:

Monday, October 12 — Columbus Day

Wednesday, November 11 — Veteran's Day

Thursday, November 26 — Thanksgiving Break

Friday, November 27 — Thanksgiving Break

CLUB PHOENIX OPEN HOUSE

Friday, September 11

3:30 p.m.–6:30 p.m.

Come see what all the talk is about and why “Club Phoenix” is the place to be. Join us for a tour of our space, check out all that we have to offer and meet the great Club Phoenix Staff. This is an event for teens and parents!



WELCOME BACK ICE CREAM BASH

Friday, September 18

3:30 p.m.–6:30 p.m.

Celebrate the new school year with all of your friends! Enjoy an ice cream sundae or a soda float, play some games, watch a movie, sit back and enjoy free pizza for dinner. This is a FREE event, just make sure your have a registration form filled out! Door prizes will be given out as well.

NATIONAL TEEN READ DAY

Monday, October 19

4:00 p.m.

Bring your favorite books and share them with your peers — you never know what book you may want to read next!

CLUB PHOENIX TEEN CENTER



LET'S COOK

LET'S COOK: NACHO TUESDAY

Tuesday, September 29

4:00 p.m.

The motto of the day will be the cheesier and the gooier the better. We will supply all of the chips and toppings from mild to spicy and you will supply the creative mixtures.

LET'S COOK: GHOSTLY TREATS

Tuesday, October 27

4:00 p.m.

With Halloween a few days away, learn some new tricks to turn your treats into something yummier than their original form.

LET'S COOK: THANKSGIVING SANDWICHES AND SIDES ANNUAL LUNCH

Tuesday, November 24

4:00 p.m.

Join the Club Phoenix staff for our pre-Thanksgiving 6th Annual lunch that will be served at 4:00 p.m. There will be turkey and ham sandwiches served with macaroni and cheese, mashed potatoes, stuffing, veggies and baked goods!

PARENT DISCUSSION GROUP MEETINGS

Second Wednesday of each month

Join us at our Parent Discussion Group led by experts in their fields. With school starting up your stress levels might be on the rise. We are here to help lower that stress with our Parent Discussion Group. Come check out the information we have collected for you about local events and programs targeted toward the teenage population.



TAKE A NATURE WALK BINGO

Tuesday, November 17

4:00 p.m.

Every walk is an opportunity for children to learn about the natural world. Staff members will guide walks with teens to complete the BINGO cards and learn a little more about the land around us.

HALLOWEEN COSTUME BASH AND NIGHT OF MILD FRIGHT

Friday, October 30 • 3:30 p.m.–6:30 p.m.

Snakes, bats and witches galore. Let's see what this Halloween has in store! Come in your best costume and you may float out with a prize.

Enjoy all the food, games and crafts that we have planned. Pizza will be served for dinner and change into your cozy pair of pajamas for an evening of age-appropriate fun. Halloween-themed movies will be shown throughout the night.

ADULT ART PROGRAMS

POTTERY

NOTE: All adult pottery classes are held at the Bowman House Arts and Craft's Center (211 Center Street S)

POTTERY LAB

Open to all adults enrolled in a pottery class through the Vienna Community Center. \$45 per person for unlimited lab time on each day offered. \$15 for 25 pounds of clay which includes glazes and firings. Only clay purchased from the Recreation Department may be used in the studio. Children may not accompany parents to lab.

*NO CLASS 11/4,11/5,11/6,11/7,11/11,11/25,11/26,11/27

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
237210-A1	9/23-12/5	27	S	10-3:30P	Adult	\$45/\$45/\$45
			W	9:30a-12:30p		
			TH	9:30a-12:30p		
			TH	3p-5p		
			TH	7p-10p		

BEGINNING WHEEL 2

Instructor: Lori Yankovitz

This Beginner Two class is for students that have had at least 2 semesters of Beginner One class and have been introduced to the basics of wheel pottery, wedging, centering, throwing, trimming, and glazing. Students should purchase a basic tool kit consisting of a sponge, needle tool, wire and wooden sculpting tools, which are available at an arts and crafts store. *NO CLASS 10/12

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
237211-A1	9/14-11/16	9	M	6:30-9:30P	Adult	\$162/\$202.50/\$162

INTERMEDIATE WHEEL

Instructor: Beth Kendall

This class is designed to expand on the basics taught in beginning wheel. In this class we usual work in-depth on one or two projects per session. Projects include, but are not limited to, throwing larger forms, lidded pieces, decorating techniques, refining our work, glazing and much more. All students interested in this class should have at least two years of current beginning classes or approval from the instructor prior to registering. Students should bring a sponge, old towel and bats to class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
237212-A1	9/15-11/17	10	Tu	4-7P	Adult	\$180/\$225/\$180

ADVANCED WHEEL

Instructor: Beth Kendall — Morning

Lori Yankovitz — Evening

You will learn a variety of advanced techniques and will learn to refine your work both aesthetically and functionally during the evening class. Students should bring a sponge, old towel and bats to class. *NO CLASS 10/28,11/11

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
237213-A1	9/15-11/17	10	Tu	9:30-12:30P	Adult	\$180/\$225/\$180
237213-B1	9/16-11/18	8	W	6:30-9:30P	Adult	\$144/\$180/\$144

HANDBUILDING

Instructor: Treena Rinaldi

You will learn various methods of handbuilding pots for both functional and decorative use and will learn a variety of glazing and decorating techniques. Advanced students entering the class are encouraged to develop and work on specialized projects.

*NO CLASS 11/5

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
237214-A1	9/10-11/19	10	Th	9:30-12:30P	Adult	\$180/\$225/\$180
237214-B1	9/10-11/19	10	Th	7-10P	Adult	\$180/\$225/\$180

BEGINNING WHEEL 2

Instructor: Lori Yankovitz

This Beginner Two class is for students that have had at least 2 semesters of Beginner One class and have been introduced to the basics of wheel pottery, wedging, centering, throwing, trimming, and glazing. Students should purchase a basic tool kit consisting of a sponge, needle tool, wire and wooden sculpting tools, which are available at an arts and crafts store. *NO CLASS 11/6

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
237215-A1	9/11-11/20	10	F	6:30-9:30P	Adult	\$180/\$225/\$180

PAINTING AND DRAWING

ACRYLIC PAINTING

Instructor: Kerry Burch

Learn the fundamentals of acrylic painting with canvas preparation and ground application, color mixing and "blocking in" technique. Overall development of composition and layout, to final rendering of the finished piece will be the goal of this class. Students should arrive with a basic concept or idea for the painting they wish to produce. This should be an accurate preparatory drawing, photograph or some other fully developed idea. Contact the instructor for materials list prior to the first class. Classes are held at the Bowman House Arts and Crafts Center, 211 Center Street S.

*NO CLASS 10/12

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
237240-A1	9/14-11/9	8	M	7-9P	Adult	\$80/\$100/\$80

ADULT DRAWING

Instructor: Kerry Burch

Students will learn about line, contour, positive and negative space, shading, composition and perspective. Pencil, pen, conte and charcoal will be the primary tools used to create the basis for future work as well as finished pieces. Please bring an 11" x 14" sketch pad, one drawing pencil HB, one drawing pencil 4B and art gum eraser to class. Classes are held at the Bowman House Arts and Crafts Center, 211 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
237241-A1	9/15-11/3	8	Tu	7-9P	Adult	\$80/\$100/\$80

COMMUNITY CENTER RENOVATIONS



COMMUNITY CENTER RENOVATIONS TO BEGIN SEPTEMBER 2015

Shortly after World War II, the Lions Club first began talking about the need to build a community center; a place that would provide leisure-time activities and meeting place for Vienna residents. In 1946 the Lions club began setting aside monies; the fund grew to \$7500 when efforts were kick started in August of 1961. J. William Nutter, Donald Kennedy, and Martin H. Schindler helped to form two committees to handle bylaws and nominate officers for a community group to look at building a community center. Nutter was elected president; Kennedy was elected first vice president; and Maud Robinson, second vice president. Joyce White was the recording secretary; Beverly Schindler, corresponding secretary; George H. Jones, treasurer; and John J. Haslam, assistant treasurer. On January 18, 1962, the Vienna Community Center Inc. was open for business; it had been incorporated as a non-profit organization, chartered by the state of Virginia.

In its initial stages, the organization began accepting donations for community center groups such as Community Ventures Inc., which represented proceeds of several teen splash parties (teenage organized car-washes) in the summer of 1961. The Vienna Women Club worked tirelessly to hold rummage sales to raise money for the new building.

A building committee was formed to study the best place to build the center as well as studying other community centers. The committee also asked James Madison High School students what type of facilities they would like to see in a new building.

Town councilman L. Dean Wallace assured the group of the town's great interest in the community project. In the spring of 1962, the town had offered to give town-owned property as a site. Among some of the first considered was an eight acre tract

lying on Beulah Road reaching back towards Glyndon Street (known today as Glyndon Park). A published report had several sites considered as options for the new community center, stating that in 1964, the "town considered making available a 2.38 acre site to the rear of Vienna Elementary School and the firehouse, extending out to Park Street."

This is currently the location of the Vienna Community Center, a good central location with Cherry Street cut through linking Center Street and Park Street. Additionally, it's located next to the W&OD Trail.

Frank Martinelli and Son were chosen as architects for the center. The original plans drawn for the community center were enthusiastically received from the board with unanimous approval at a January 1963 meeting. The plan allows versatility of the facilities to serve a broad range of community interests.

C. Henry Perkins was chairman of the fund drive. Mr. Perkins explained that contributors would be recognized as builders, Master Builder or Founders depending on the size of the donations. The plaque that recognizes those individuals, as well as individual groups proudly hangs in the front vestibule of the Community Center.

On April, 17th 1966 the building was dedicated before a packed crowd of town residents. Since the dedication, the building has been renovated three times, once in 1968, 1988 and 1998, and today remains a vital part of Vienna's treasured community.

The renovations are set to begin in September and expected to be complete in January 2017. Please see www.viennava.gov for more details!

Fit on the Green



SATURDAY, SEPTEMBER 12
10:00 a.m.–1:00 p.m.
VIENNA TOWN GREEN

Join the Vienna Moms, Bounce Fitness and the Town of Vienna Parks and Recreation Department for a day of fun and fitness for the **WHOLE** family. Activities will range from Zumba to youth dance as well as a special area for kids sponsored by Bounce Fitness. Bounce Fitness's "Bounce Jr. Bootcamp" for kids helps fight against childhood obesity and gets kids excited to be active and running around outside. Our fun & exciting fitness obstacle course includes small hurdles to jump over, cones for coordination, agility ladders, tug-of-war, etc. Bounce Fitness Trainers help the kids navigate the obstacle course and show them how to overcome the obstacles they encounter.

SUNDAY AFTERNOONS ON HISTORIC CHURCH STREET

1:00 p.m.–5:00 p.m.

AUGUST 30 — Wheely Fun Time • SEPTEMBER 27 — Mugs and Mums
OCTOBER 25 — Shop Local, Shop Vienna

CARFIT



**Wednesday, September 30
9:00 a.m.–1:00 p.m.**

VIENNA VOLUNTEER FIRE DEPARTMENT

September 30th from 9:00 a.m.–1:00 p.m. CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles “fit” them. CarFit is an individualized, personal instruction to educate Drivers on how to best position themselves (by adjusting the car’s safety features) to maximize their safe driving experience. It uses a 12-point checklist to verify the driver’s awareness of the car’s safety features and operator controls. It is performed on the driver’s car. A trained technician will work with each participant to ensure they “fit” their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.

**Call 703-255-6360
to reserve your spot today.**



**Saturday, October 3
11:00 a.m.–7:00 p.m.**

Located on Historic Church Street



Sponsored by the Vienna Business Association and the Town of Vienna.

Join us for a traditional Oktoberfest Festival with drinks, food, entertainment and games for families. Watch for more information in the Vienna Town Newsletter, on our website and local papers!

HALLOWEEN ON THE GREEN



Saturday, October 17

11:00 a.m. – 12:30 p.m.



Come join the fall family fun at our Halloween On The Green event. Activities will include a costume parade, spooky crafts, games & prizes, storytelling, moonbounces, a petting zoo, creepy crawling critters, goodies to eat, music and a chance to carve or paint your own pumpkin. (Pumpkins will be available for purchase from DePaul's Nursery). Everyone is sure to have a howling good time! Location will be at the Town Green.

In the event of inclement weather, please call 703-255-7842.



SPECIAL EVENTS

❁ ❁ ❁ ❁ ❁ DOG DAYS OF VIENNA ❁ ❁ ❁ ❁ ❁



Sunday, November 1

2:00 p.m.–4:00 p.m. — Vienna Dog Park

Bark if you love Vienna! The Town of Vienna Parks and Recreation cordially invites all animal lovers and dog owners to support our pet-friendly event. Dog Days of Vienna is being held Sunday, November 1st from 2:00 p.m.–4:00 p.m. at the Vienna Dog Park, 700 Courthouse Road SW. Please join us in celebration of our fabulous community and local dog organizations. This event is FREE for those interested in playing with their dogs (on a leash please) at the dog park. There will be an “off leash” fenced in area with an obstacle course for the dogs to play in as well. Enjoy pet friendly exhibitors. Join us for this fun and interactive event with your pet.

POTTERY SHOW AND SALE



SATURDAY, NOVEMBER 7

10:00 a.m.–3:00 p.m.

Don't miss out on great gifts for the holiday season.

Students and teachers will have handmade pottery available for sale at the Bowman House Arts and Crafts Center, 211 Center Street S.



ADULT FITNESS PROGRAMS

BOOT CAMP

Instructor: Liz Lucca

Join us for a workout that is fun, challenging and different each day. We will focus on strength, core, and cardiovascular endurance. Boot camp offers interval and strength training and is geared toward all fitness levels, with modifications offered for the beginner to the advanced. We welcome kids of all ages to watch or play while you workout! Please remember to bring a water bottle and a mat.

*NO CLASS 11/26

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
203050-A1	9/15-12/8	13	Tu	9:50-10:50A	Adult	\$65/\$81.25
203050-B1	9/17-12/10	12	Th	9:50-10:50A	Adult	\$60/\$75

BREAK IT DOWN ZUMBA

Instructor: Lupe Rother

Is there a little bit of Exotica and Latino deep inside of you just waiting to get out? Oooooooh! Join us as we learn some of the most popular dance step movements, including Salsa, Merengue, Rhumba, Cumbia, Samba, Reggaeton, Cha Cha, and Belly Dance. This class will be taught in a slower manner than most Zumba classes so that you can learn step-by-step how to shake those shoulders, unlock those hips, and move those knees and feet in a sultry, fluid style. You will also become more aware of how proper breathing, posture and flexibility can help you to define every step you take. This is an aerobic movement class where you move on your own without partners. Advanced registration is necessary.

*NO CLASS 9/26,11/14

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
233024-A1	9/12-11/21	9	F	11-12P	Adult	\$72/\$90/\$72



ZUMBA LATIN AEROBICS

Instructor: Lupe Rother

Have Fun dancing to Zumba, an aerobics dance class with Latin and other exotic world beats, and become a fitter you! This dancercise class promotes freedom of expression through body movement while tapping into the energy and excitement of Latin dancing. It will help you to strengthen, shape, burn calories, tone & sculpt your body, while you learn popular dances such as Merengue, Salsa, Belly, Cumbia, Samba, Bachata, Reggaeton, Cha Cha and more.

*NO CLASS 10/3,10/12,11/11,11/14

Saturday Class Location: VVFD

Monday/Wednesday Class Locations: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
233021-A1	9/14-12/7	12	M	7-8P	Adult	\$120/\$150/\$120
233021-B1	9/12-11/21	9	Sa	10-11A	Adult	\$90/\$112.50/\$90
233021-C1	9/16-11/25	10	W	7-8P	Adult	\$100/\$125/\$100

CARDIOBOXING

Instructor: Fee Pearson

This 45-minute calorie blasting workout uses aerobics, kicks, and punches to improve fitness. Although this class is high energy, variations are demonstrated for high and low impact. Kick, jab, and punch your way to fitness to the hottest dance music.

*NO CLASS 10/28,11/11,11/18

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
233022-A1	9/16-12/2	9	W	8:15-9P	Adult	\$99/\$123.75/\$99



BEGINNER TAI CHI

Instructor: Sabine Daly

Open the seven Stars through Tai Chi. Exercises help open and loosen joints, tendons and ligaments. Learn the exercises of Chuan-Si-Gong, which teach balance, flexibility, mobility and strength. Both exercises will help instill quiet and peace in one's mind for better focus and concentration.

*NO CLASS 11/27

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
233030-A1	9/11-10/16	6	F	9:30-11A	Adult	\$35/\$44/\$35
233030-B1	10/30-12/11	6	F	9:30-11A	Adult	\$35/\$44/\$35

ADULT FITNESS PROGRAMS



YOGA



HATHA YOGA BEGINNER

Instructor: John Giunta, MA/FRC

Have fun while we gain flexibility, strength, improve concentration and achieve deeper union of body, mind and spirit with authentic classical yoga teachings. Dress for movement and bring a mat. Also bring a folded towel if you think you need extra padding. John has made a pilgrimage to India, studying Raja yoga and Vedanta. He is a senior yoga teacher certified by the Himalayan Institute and has over 35 years of teaching experience. John is a Reiki practitioner, a yoga therapist and consultant on yoga listed with George Mason University Arts Wellness Program. John is a degreed professional musician and provides his own live music on a variety of instruments for meditation at the end of the class. He has had numerous articles published on the subjects of yoga and music. He was ordained as an Interfaith Minister in 2004.

*NO CLASS 10/12

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
233050-A1	9/15-12/8	13	Tu	7-8:30P	Adult	\$130/\$162.50/\$130
233050-B1	9/14-12/7	12	M	12:30-1:30P	Adult	\$120/\$150/\$120

HATHA YOGA BEGINNER/INTERMEDIATE

Instructor: John Giunta, MA/FRC

This is John Giunta's group of students with some past experience in any yoga tradition. Students who attend this group should know their safe range of motion and have a basic knowledge of some of the major postures/asanas in yoga. This is a classical yoga tradition from the teachings of Hatha yoga and Raja yoga as taught at the Himalayan Institute, founded by Swami Rama. While we move, other subjects to be addressed will be pranayama, the chakras, basic meditation, spiritual and psychological subjects related to yoga — all taught without dogma. Inverted postures will be taught according to the interests of the class. John, who is a professional musician, will provide his own live music at the beginning of the meditation portion of the class. For other details about John's background, see the course description under the beginner's class.

*NO CLASS 11/14

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
233051-A1	9/19-11/21	9	Sa	7-8:30A	Adult	\$90/\$112.50/\$90

HATHA YOGA ONGOING/EXPERIENCED

Instructor: John Giunta, MA/FRC

This is John Giunta's group of students with some past experience in any yoga tradition. Students who attend this group should know their safe range of motion and have a basic knowledge of some of the major postures/asanas in yoga. This is a classical yoga tradition from the teachings of Hatha yoga and Raja yoga as taught at the Himalayan Institute, founded by Swami Rama. While we move, other subjects to be addressed will be pranayama, the chakras, basic meditation, spiritual and psychological subjects related to yoga — all taught without dogma. Inverted postures will be taught according to the interests of the class. John, who is a professional musician, will provide his own live music at the beginning of the meditation portion of the class. For other details about John's background, see the course description under the beginner's class.

*NO CLASS 10/29, 11/26

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
233052-A1	9/17-12/10	11	Th	7-8:30P	Adult	\$110/\$137.50/\$110



MORNING FITNESS WAKEUP

Instructor: Nathan Greiner

This class is a group personal training program for adults, run by certified personal trainers. Get the benefits of your own personal trainer at a fraction of the cost. The program runs monthly every Monday, Wednesday and Friday continuously throughout the year. It is designed to promote long lasting healthy habits and reduce the effects of aging in adults. Class will incorporate: Interval Training — a combination of various HIIT interval styles designed to rev up the metabolism and burn calories Weight Training — using body weight training and/or free weights to build strong bones and muscles and maintain a healthy weight Cardiovascular Conditioning Exercises — designed to increase heart efficiency and melt away fat Flexibility Training — stretches and exercises designed to aid in connective tissue health and myofascial release.

*NO CLASS 10/12, 11/11, 11/27

Location: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
233429-A1	9/14-9/30	8	M,W,F	6-7A	Adult	\$136.50/\$170/\$136.50
233429-B1	10/2-10/30	12	M,W,F	6-7A	Adult	\$165/\$206.25/\$165
233429-C1	11/2-11/30	11	M,W,F	6-7A	Adult	\$165/\$206.25/\$165
233429-D1	12/2-12/23	10	M,W,F	6-7A	Adult	\$137.50/\$171.87/\$137.50

ADULT FITNESS PROGRAMS

PILATES

PILATES WITH PROPS

Instructor: Bodymoves Fitness, LLC

Pilates with Props extends the benefits of Pilates by employing small apparatus, including flex bands and sponge balls to increase the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through the use of the Swiss Ball. (Optional material fee in class to purchase a burst-resistant, 55cm Swiss Ball from Instructor or bring your own.) Please bring a mat to class.

*NO CLASS 9/29

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
233500-A1	9/15-12/8	12	Tu	12:30-1:30P	Adult	\$144/\$180/\$144



TONE AND STRETCH

Instructor: Bodymoves Fitness, LLC

This mat based class fuses elements of yoga, Pilates and dance training to restore/maintain/improve flexibility, strength, balance and range of motion in a gently and accessible format. Please bring a mat to class.

*NO CLASS 10/12

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
233501-A1	9/14-12/7	12	M	7-8P	Adult	\$144/\$180/\$144

PILATES MAT

Instructor: Bodymoves Fitness, LLC

Enjoy the numerous benefits of this popular discipline. Strengthen the torso, including the body's "powerhouse" area; enhance balance and muscle control while increasing flexibility and range of motion; develop proper body alignment, "lengthening" the spine, and connect mind to muscles using the breath and mental focus. Please bring a mat to class.

*NO CLASS 10/28,11/11,11/25

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
233502-A1	9/16-12/9	10	W	7-8P	Adult	\$120/\$150/\$120

TENNIS



ADULT TENNIS 1

Instructor: First Serve Tennis

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, overhead and serve. Students start to build consistency in the groundstrokes and develop an initial ability to rally. Students are encouraged to repeat this class until they can consistently put the ball in play.

*NO CLASS 10/12

Location: Meadow Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
234040-A1	9/14-11/16	9	M	9:45-11A	Adult	\$248/\$298/\$248
234040-B1	9/14-11/16	9	M	7:30-8:30P	Adult	\$248/\$298/\$248
234040-C1	9/18-11/13	9	F	11-12:15P	Adult	\$248/\$298/\$248

ADULT TENNIS 2

Instructor: First Serve Tennis

Players with limited on-court experience will strengthen stroke fundamentals and develop the movement, positioning and skills necessary for initial singles and doubles match play. For players who have completed Tennis 1 or have similar experience.

*NO CLASS 10/12

Location: Meadow Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
234041-A1	9/14-11/16	9	M	11-12:15P	Adult	\$248/\$298/\$248
234041-B1	9/14-11/16	9	M	8:45-10P	Adult	\$248/\$298/\$248
234041-C1	9/18-11/13	9	F	9:45-11A	Adult	\$248/\$298/\$248

Vienna
Parks and
Recreation

ADULT PROGRAMS



MUSICAL INSTRUMENTS

GUITAR I

Instructor: Bill Burke

The beginner class will cover basic music fundamentals, the study of chords for song accompaniment, and note reading for melody playing. Class time will include learning new material, reviewing and practicing, music issues and stories and demonstrations. No prior music experience or instrumental background required. Each student must have a guitar (some rentals available from the Instructor).

Location: Bowman House

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
258130-A1	10/4-11/8	6	Su	11:15-12:15P	Adult	\$37.50/\$46.50/\$37.50

GUITAR II

Instructor: Bill Burke

If you can play chords then this is the class for you. We will cover various accompaniment styles explored through songs. Some areas of discovery will include strumming, fingerpicking, soloing, reading, composing ear training and various styles. Direction of this class is influenced by your interest! Each student must have a guitar (some rentals available from the Instructor). A \$3 materials fee is due to the Instructor the first day of class. Classes will be held at the Bowman House Arts and Crafts Center.

Location: Bowman House

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
258131-A1	10/4-11/8	6	Su	12:15-1:15P	Adult	\$37.50/\$46.50/\$37.50



IRISH FIDDLE

Instructor: Randy Latimer

Learn techniques to play the fiddle. Some experience needed. You will need to bring your own violin.

Location: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
258132-A1	9/17-11/5	8	Th	5-6P	Adult	\$50/\$62.50/\$50

LIFESTYLE PROGRAMS

MINDFULNESS YOGA AND MEDITATION

Instructor: Cheryl Harlan

Improve your ability to pay deep attention to mind and body, as you enhance flexibility, improve balance, relieve stress, improve sleep and stimulate creativity with yoga. Each class begins with a joint freeing series of movements for the entire body. Breathing techniques, postural alignment, plus poses to enliven energy, enhance balance, flexibility and core strength will be presented during the class series. Many postures are demonstrated in a modified or simple form, along with more advanced poses. Each class includes a deep relaxation, including such techniques as mindful body scans, progressive muscular release and guided imagery. The last section of the class includes a seated meditation which integrates focusing and relaxing the brain and mindfulness aimed to bring awareness and insights to the practice. This class is presented through the discipline of mindfulness, which is an intentional, moment-to-moment, non-judgmental awareness of the present. This discipline has been scientifically documented to positively improve one's level of health and fitness. Wear comfortable clothing, bring a sticky yoga mat and eye pad. Advanced registration is requested.

*NO CLASS 10/13

Location: TH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
242475-A1	9/29-11/24	8	Tu	9:30-11A	Adult	\$80/\$100/\$80

TODAY'S TECHNOLOGY FOR BABY BOOMERS AND BEGINNERS

Instructor: Andy Livingston

Confused about all the technology that society is using? Want to learn how to use cell phones, computers, social media, digital cameras, GPS and other devices more effectively? Want to explore these questions in a user friendly environment? If so, then this course could be just for you! The class will present the integration of phones, computers, cameras, iPod/iPad, and other tools of technology. You will learn how to upgrade to a smart phone, which will help you connect with others while you are out and about. Learn how to share photos and use your digital camera to share photos with loved ones, and how social media can connect and get you engaged with your family, friends and community. Learn computer maintenance tips, websites to save you money and great travel websites; understand Skype/ Webcam technology and learn the latest additions to Microsoft, Google and more.

*NO CLASS 11/22

Location: CL and TH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
237620-A1	9/17-10/8	4	Th	10-12P	Adult	\$120/\$150/\$120

COMPUTER MAINTENANCE

Instructor: Andy Livingston

Students will learn how to keep their computers running smoothly by learning system tools, utility programs, firewalls, and virus protection. They will learn how to handle a computer crash, decipher error messages, delete files, cookies and unwanted programs and keep their computers updated automatically. In addition, computer hardware maintenance will be discussed, along with proper surge protection and wireless network protection, and much more. Students can bring their own equipment if they like.

Location: TH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
237621-A1	10/15-10/22	2	Th	10-12P	Adult	\$75/\$93.75/\$75

DECREASE YOUR TELECOM/ CABLE COSTS

Instructor: Andy Livingston

Want to explore ways to decrease your landline, wireless and cable bills? In this highly informative class, find out about new technologies like Roku & Hulu. Find out how to get free HDTV and go wireless to help save you money. Communicate via FaceTime & Google Voice to replace your landline phone.

Location: TH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
237622-A1	10/29	1	Th	10-12P	Adult	\$35/\$43.75/\$35



BUY/SELL ON EBAY

Instructor: Andy Livingston

Have lots of "stuff" in your garage/basement collecting dust? In this "how to sell on EBay" course you will learn how to list items for sale, tend the auction, and finalize with PayPal. You also will learn all the tips and tricks to maximize your online auction experience, all part of this fun EBay class. Prerequisite: have an item in mind that you would like to sell when you come to class. Learn how to sue EBay effectively today! Laptop or tablet required.

Location: TH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
237623-A1	11/5-11/12	2	Th	10-12P	Adult	\$75/\$93.75/\$75

ON CREATIVE CHANGE & TRANSFORMATION: A GUIDED WRITING WORKSHOP

Instructor: Nina Sichel

Our lives are creative works in progress, journeys we shape and interpret as we move through time. Where are you in your life's journey? Who are you becoming? How is your creative process transformative? What trace do you wish to leave behind? This six-part workshop combines writing exercises and discussion to explore personal change and creativity. A relaxed, supportive environment encourages you to tap into your creative spirit and move from introspection to expression, from personal awareness to written meditation. Between sessions, you will use your notebook to maintain a writer's journal, expanding on the exercises practiced in the group sessions and responding to additional writing prompts. Our last meeting will be a celebration of the creative process, during which we will gather some of your meditations and create a group compilation of your writings. *NO CLASS 11/26

Location: LIB

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
242485-A1	11/5-12/17	6	Th	1-3P	Adult	\$75/\$87.50/\$75





LAST CHANCE SUMMER TRIPS



MONTICELLO & CENTER FOR HISTORIC PLANTS

We will explore Thomas Jefferson's mountaintop home that he designed and built for himself and his family, enjoy the beauty of its grounds and sweeping vistas, and explore the complexities of Jefferson's enduring global legacy. We will have lunch at the Café at Monticello and then tour the unique preservation display gardens and nursery at Jefferson's Tufton Farm. Following the tour, the group will be offered a special chance to shop a wide selection of heritage and native plants directly from their nursery. The bus pick-up location will be the Vienna Volunteer Fire Department 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
141566-A1	8/19	1	W	7:30-7P	Adult	\$95/\$119/\$95



LADEW TOPIARY GARDENS, MONKTON, MD

Come visit Ladew Topiary Gardens in Monkton, Maryland and see why Architectural Digest named Ladew one of "10 incredible topiary gardens around the world." We will be given a guided tour through the gardens, tour the historic Manor House, visit the seasonal Butterfly House, and enjoy a relaxing lunch at the Ladew Café and Courtyard. In addition to garden rooms including the Rose Garden, Pink Garden and Yellow Garden, to name a few, there are over 100 topiaries on the property. The bus pick-up location will be the Vienna Volunteer Fire Department 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
141567-A1	8/5	1	W	8:30-5P	Adult	\$70/\$88/\$70

PLEASE NOTE:

Buses for trips do not have restrooms.



FORT MCHENRY & INNER HARBOR CRUISE

The cultural bond that Americans have with the flag began at Ft. McHenry in 1814. Come stand with a Park Ranger behind the ramparts and unroll the full-sized replica Star-Spangled Banner flag where it flew in 1814. Hear about the inspiring connection between the 15 star/stripe Star-Spangled Banner Flag and Fort McHenry during the Battle of Baltimore. We will also learn about the War in the Chesapeake and find out about the series of events that placed the author of our National Anthem at the "key" place to see the Star-Spangled Banner. Our next stop will be to the Baltimore Inner Harbor for a 45-minute cruise through the harbor, including a boxed lunch. After the cruise there will be time to do some shopping along Harbor Place. Pick-up location will be the Vienna Volunteer Fire Station 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
241240-A1	9/2	1	W	8-5P	Adult	\$92/\$115/\$92

HARPERS FERRY MOUNTAIN HERITAGE FESTIVAL

Come and enjoy the Mountain Heritage Arts & Crafts festival in the rolling countryside of Jefferson County, WV. Leisurely stroll among the tents as you admire the many crafts, fine arts, and wine. Meet approximately 200 artisans and crafts persons carefully selected and prejudged, demonstrating and showcasing their work at this nationally acclaimed festival. Enjoy listening to the best live bluegrass music, taste wines from the area's foremost wineries and enjoy the many varieties of food that are available. Pick-up location will be the Vienna Volunteer Fire Station 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
241243-A1	9/25	1	F	9-4P	Adult	\$59/\$73/\$59



LEXINGTON CARRIAGE RIDE & LEE CHAPEL

Come explore the rich history of this 19th century college town, slowed to the pace and rhythm of hoof-beats. During this fully narrated tour, the horse-drawn carriage will take us past many historic places of interest in Lexington, including Stonewall Jackson's home. We will enjoy a delightful lunch at the Southern Inn (*please note: there are 25 steps to get upstairs to our reserved area; there is NO elevator*). Then, within walking distance, we will tour the Lee Chapel and Museum, the burial site of Robert E. Lee; while allowing time to stroll the historic streets of Lexington. You won't want to miss this fun, fall trip. Pick-up location will be the Vienna Volunteer Fire Station 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
241242-A1	10/7	1	W	8-7P	Adult	\$106/\$132/\$106

MOUNT VERNON SLAVE TOUR & ALEXANDRIA GHOST TOUR

Come visit Mount Vernon Plantation in Mount Vernon, Virginia and take a 60-minute guided walking tour highlighting the lives and contributions of the enslaved community who built and operated Mount Vernon. In 1799 more than 300 slaves lived and worked on the five farms which made up Washington's 8,000-acre plantation. Listen to their stories and learn more about their daily life at Mount Vernon. Visit the refurbished slave quarters and view reproduction clothing, tools, furniture, cookware, ceramics, toys, and personal accessories that demonstrate their experiences. Then we will savor the flavors of early America at the Mount Vernon Inn for dinner; and end our trip with Alexandria's original ghost and graveyard tour filled with ghost stories, legends and folklore. Pick-up location will be the Vienna Volunteer Fire Station 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
241244-A1	10/21	1	W	2-9P	Adult	\$99/\$124/\$99



TOBY'S DINNER THEATER

Located in the heart of Columbia, MD, Toby's Dinner Theatre offers award-winning Broadway and original musicals with an exceptional buffet-style dinner. Ragtime, set in the volatile melting pot of turn-of-the-century New York, weaves together three distinctly American tales-that of a stifled upper-class wife, a determined Jewish immigrant and a daring young Harlem musician-united by their courage, compassion and belief in the promise of the future. Set to a glorious, Tony Award-winning score with a Tony-winning book based on the classic E.L. Doctorow novel, the music includes marches, cakewalks, gospel and ragtime. You will enjoy a truly unique venue with an amazing performance 'in-the-round.' Pick-up location will be the Vienna Volunteer Fire Station 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
241245-A1	11/4	1	W	9-4:30P	Adult	\$95/\$118/\$95



CELEBRATING PHOTOGRAPHY AT THE NATIONAL GALLERY OF ART

This exhibition at the National Gallery of Art in Washington, DC will highlight a selection of photographs donated in honor of the 25th anniversary of the National Gallery's photography collection. Marking the culmination of a year-long celebration of photography at the museum, this installation brings together an exquisite group of gifted photographs, ranging from innovative photographs made in the earliest years of the medium's history, to key works by important 20th-century artists and contemporary pieces that examine the ways in which photography continues to shape our experience of the modern world. Lunch will be on your own at the Cascades Café. Pick-up location will be at the Vienna Volunteer Fire Dept. 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
241246-A1	11/18	1	W	9:30-3:30P	Adult	\$40/\$55/\$40

MATURE ADULT PROGRAMS



VIENNA WALKERS

MONDAY WALKERS

Instructor: Jean Feeney

Come and walk local trails, scenic paths and parks in the area. You should be able to walk each 3-mile route in about one hour. One route runs from the fire department parking lot onto the W&OD Trail, circling around the Navy Federal Credit Union and back. Other walks will begin in Vienna parks and go through local neighborhoods. Come prepared to meet new walking buddies and to have a generally great time! The fee for this program covers the cost of our guides and written directions. The first meeting location is in the Vienna Fire Department parking lot on Cherry Street SE. Bring a cell phone if you have one. Classes will meet rain or shine, the only exception being thunderstorms. Advanced registration is necessary. Questions? Email hikerjean@gmail.com.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
243281-A1	9/14-10/5	4	M	10-11A	Adult	\$5/\$6.25/\$5



FRIDAY WALKERS

Instructor: Jean Feeney

This walking program is perfect for the walker who likes to meet at various locations to walk a different scenic path each week. Each walk will take between 60 and 90 minutes. Participants should be able to maintain a moderate walking speed, and be able to complete 3 miles in about one hour. This class will meet rain or shine. In case of a severe thunder storm class will be rescheduled. Walkers will be given directions and are responsible for getting to each location on their own. The first session will meet in the parking lot behind the Vienna fire department to obtain walking guides and meet other walkers. If you have a cell phone kindly bring it. This season's five walks are: Sept. 18 — Vienna Volunteer Fire Department parking lot — Vienna, Sept. 25 — Wolf Trap National Park, Vienna Oct. 2 — Van Dyck Park, Fairfax Oct. 9 South Lakes Village, Reston, Oct. 16 — Ellanor C. Lawrence Park, Chantilly Please be sure to include your e-mail address on your registration form so that you can be contacted in case of class change. Advanced registration is necessary. Questions? Email hikerjean@gmail.com.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
242472-A1	9/18-10/16	5	F	10-11A	Adult	\$15/\$18.75/\$15



AARP SMART DRIVER

Instructor: Ralph Rosenthal

The Vienna Community Center hosts the AARP Smart Driver Program in the fall and spring. This comprehensive classroom driver retraining course is geared to the specific needs of motorists aged 50 and older. The course will cover the effects of aging and medications on driving, basic driving rules, license renewal, local traffic hazards, adverse road conditions and accident prevention measures. Graduates of the course could receive a five to ten percent discount from their car insurance company. Class size is limited to 35 participants. Individuals are given a 1-hour break for lunch. It is suggested that you bring a bag lunch to class. Both classes must be attended. The cost of the course is \$15 for AARP Members and \$20 for non-members and paid on the first day of class. No cash is accepted. Checks or money orders should be made payable to AARP. Advanced registration is required. Registration cannot be taken over the phone. Register early, this course fills very quickly!

Location: PCC

Activity #	Dates	# of Classes	Day	Time	Age	Fee
242290-A1	9/28-9/29	2	M,Tu	10-3P	Adult	\$15 AARP Member/ \$20 Non-Members

SENIOR FITNESS

Instructor: Jackie Dantonio and Theresa Fletcher

This class is for seniors who have been exercising on a regular basis. If you are new to exercise you should consider one of the beginner classes available. This program will include cardio, weight lifting and stretching, to aid in building physical endurance, muscle strength, balance and flexibility. Participants are asked to bring water, hand weights and bands to class. Participants are asked to take responsibility for knowing and regulating their own fitness level. Please note: YOU MUST BE REGISTERED TO PARTICIPATE IN THIS CLASS. The class fee guarantees a minimum of 10 classes. There may be some classes canceled based on the teacher's availability. For Town of Vienna residents 65 years and older, there is no fee. *NO CLASS 11/26

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
243470-A1	9/8-12/10	27	Tu,Th	11-12P	Adult	\$40/\$50/\$0



MATURE ADULT PROGRAMS

BALANCE AND BEYOND

Instructor: Lisa Moscatello-Hartung

Balance is the ability to maintain the position of one's body over a base of support, whether stationary or in motion. Learn techniques to increase functional awareness and stabilize your body through drills and skills. This class focuses on building strength and stability in the upper and lower body as well as the core (trunk). Muscle strength and flexibility, visual disturbances, neurological factors, slowed reflexes, decreased coordination and other factors determine one's ability to balance. Building proper postural and body alignment and body awareness are key components to improving one's ability to maintain balance. This chair assisted program can help you put your balance in perspective and aid in fall prevention. Be prepared to stand for much of this program. Supportive athletic shoes are required for this class.

*NO CLASS 11/3

Location: TH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
242474-A1	9/8-12/8	13	Tu	11:30-12:30P	Adult	\$111/\$139/\$111

HEART AND SOLE CHAIR EXERCISE

Instructor: Lisa Moscatello-Hartung

This is a unique aerobic, strength and flexibility program of chair-assisted exercise for persons with limited mobility, arthritis, diabetes, neurological impairments, compromised balance and/or beginning exercisers! "Fun"ctional fitness that utilizes energetic, yet light hearted music (Broadway hits, big band, swing, oldies but goodies) to sharpen the mind, improve coordination and condition the body! This dynamic, effective program with an upper and lower body workout in a chair, helps strengthen the cardiovascular system, tone muscles, focus on posture, and increase range of motion and flexibility! Unconventional exercise props enhance and compliment the workout! Advanced registration is necessary.

*NO CLASS 10/16,11/27

Location: VPC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
242476-A1	9/11-12/11	12	F	11:30-12:30P	Adult	\$102/\$128/\$102

ABC'S FOR SENIORS

Instructor: Theresa Fletcher

This class is for older adults who want to improve and maintain their every day activities of daily living. The class includes balance exercises, a mild cardio workout, bending, squatting and reaching exercises as well as strength training, and stretches for increased flexibility. Seniors will perform most activities in a chair, and other movements while standing (holding on to a chair). The class uses hand weights, exercise bands, soft balls and other exercise props. If you have your own hand weights please bring them to class as the number of weights available are limited. The class runs for 12 sessions. *NO CLASS 11/11,11/25

Location: VPC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
242576-A1	9/9-12/9	12	W	1:30-2:30P	Adult	\$94/\$116/\$94

ON CREATIVE CHANGE & TRANSFORMATION: A GUIDED WRITING WORKSHOP

Instructor: Nina Sichel

Our lives are creative works in progress, journeys we shape and interpret as we move through time. Where are you in your life's journey? Who are you becoming? How is your creative process transformative? What trace do you wish to leave behind? This six-part workshop combines writing exercises and discussion to explore personal change and creativity. A relaxed, supportive environment encourages you to tap into your creative spirit and move from introspection to expression, from personal awareness to written meditation. Between sessions, you will use your notebook to maintain a writer's journal, expanding on the exercises practiced in the group sessions and responding to additional writing prompts. Our last meeting will be a celebration of the creative process, during which we will gather some of your meditations and create a group compilation of your writings. *NO CLASS 11/26

Location: LIB

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
242485-A1	11/5-12/17	6	Th	1-3P	Adult	\$75/\$87.50/\$75



ASSISTED LIVING BUS TOUR

This Active Adults Community bus tour is a great way to actually see a few senior housing options that satisfy your needs. We will be joined by Robin Jenks-Vanderlip, of Berkshire Hathaway Home Services Ped Fed Realty, as we visit Celebrate of Fredericksburg, a 55+ Del Webb community that offers an amenity-rich lifestyle for active adults; Virginia Heritage in Fredericksburg, set among the gently rolling Virginia countryside, offers historic, small town charm combined with all the metropolitan conveniences that the Fredericksburg area has to offer; and Regency at Chancellorsville in Spotsylvania, this fun-filled active adult 55+ community is both practical and sophisticated, the luxury homes here showcase convenient single-level living, designed specifically for today's active adults. Family members are also encouraged to attend this Senior Living Tour. Free food and drinks for all that attend. We do the driving! Pick up location will be the Vienna Volunteer Fire Station 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
241241-A1	9/16	1	W	9-5:30P	Adult	\$53/\$66/\$53

MATURE ADULT FREE LECTURES



FREE MATURE ADULT LECTURES

COMPOSTING BASICS

Learn how to compost! Robin Jenks-Vandilip, a Master Gardener, will discuss topics such as: leaf mulching in your yard, yard waste composting, hands-on composting demonstration and proper food waste composting. Don't miss this FREE hands-on workshop. Registration is preferred.

Location: PCC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
242520-A1	9/21	1	M	10-11A	Adult	FREE

MEDICARE AND ME

This presentation is in conjunction with an insurance broker, along with Robin Jenks Vanderlip from Berkshire Hathaway Home Services Pen Fed Realty, will speak in general terms about the various Medicare Parts (A, B, C, D & Supplements), Enrollment Periods, costs, etc. — a Medicare 101. This is a FREE lecture, however registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
242521-A1	10/5	1	M	10-11A	Adult	FREE

RETIREMENT INCOME

You've spent a lifetime accumulating money for your retirement. You've saved, invested, and taken advantage of workplace retirement plans. Now you have to make decisions about how to generate a steady income stream, and these decisions could have lasting repercussions. Learn how to make your money last a lifetime. Presented by the Foundation for Personal Financial Education, this workshop will teach you to use your accumulated funds wisely. This is a FREE lecture, however registration is preferred.

Location: PCC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
242523-A1	9/17	1	Th	10-11A	Adult	FREE

AN INTRODUCTION TO ANNUITIES

Please join us for an educational workshop on Introduction to Annuities. Presented by the Virginia Chapter of the Foundation for Personal Financial Education, you will learn what an annuity is and how it is funded. There are several types of annuities and they are different! Learn about the tax advantages and how an annuity can assist you in maintaining financial independence. Some annuities can offer tax-deferred earnings and possibly income for life. This workshop will clearly explain the differences between annuities, 401(K) plans and IRAs. You will learn about the owner, the issuer, the annuitant and the beneficiary and the roles they play in an annuity. This is a FREE lecture, however registration is preferred.

Location: PCC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
242524-A1	10/19	1	M	10-11A	Adult	FREE

WHAT IS A REVERSE MORTGAGE?

What is a reverse mortgage and how does it work? Reverse mortgages are Federally Insured, but what does that mean? How does it work? Robin Jenks-Vanderlip, of Berkshire Hathaway Home Services Pen Fed Realty will take an in-depth look at the product and the advantages and disadvantages, as well as the process and the projected outcomes. Registration is preferred.

Location: PCC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
242525-A1	11/9	1	M	10-11A	Adult	FREE

PROS AND CONS OF COUNTING ON YOUR KIDS TO TAKE CARE OF YOU

This lecture is real conversation about who you want to care for you and why. It discusses what your expectations are and what you should discuss with your kids. Robin Jenks-Vanderlip, of Berkshire Hathaway Home Services Pen Fed Realty, will cover what the expectations are and how to begin a dialog. It is important to know what information you need to furnish them with and your willingness to allow them to know everything about you, including your health, finances, dating/married life etc.

Location: PCC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
242526-A1	12/7	1	M	10-11A	Adult	FREE

AGING IN PLACE

Aging in Place is the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level. This program offers an overview of what that means. It speaks to the benefits of staying in your community and your home. It teaches the basic things people should be aware of so one can start to think about if their situation is right for them. This is a FREE lecture, however registration is preferred. Call 703-255-6360.

Location: PCC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
142523-A1	8/3	1	M	10-11A	Adult	FREE

TO PLACE OR NOT TO PLACE: 24/7 DEMENTIA CARE

To Place or Not to Place: 24/7 Dementia Care. Your loved one has dementia and lives with you. How do you know if you should move him or her somewhere else for 24/7 care? If you decide you must, how will you know when to act, and how do you find the best place. This is a very important topic for retirees and anyone doing in-home care for someone with a serious chronic affliction, which, for our presenter, Myra Gillum, was her husband's Alzheimer's. This discussion and Q & A lecture is based from Myra's experience in having to make the decision to place her husband into a 24/7 facility. This is a FREE lecture however registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
240072-A1	11/5	1	Th	1-2P	Adult	FREE

MATURE ADULT DROP-IN RECREATIONAL PROGRAMS



DOMINOES

Fridays — 9:00 a.m.–12:00 p.m.

Providence Community Center

Come out and make new friends as you play the game of Dominoes. Simply show up at the center and play a fun game, as you make new friends. Newcomers welcome — it's easy to learn.
NO DOMINOES 11/27 and 12/25

CANASTA

Tuesdays — 9:00 a.m.–12:00 p.m.

Providence Community Center

Come out and make new friends as you play the game of Canasta. Canasta is a card game in which four people play in fixed partners opposite each other. Two 52 card standard packs plus 4 jokers are shuffled together to make a 108 card pack. Even if you do not remember all the details, a "Canasta Packer" is available to use as review or as a learning tool. There will be no formal instructor but there will be seasoned players willing to help others new to the game. Newcomers welcome at anytime.

MAH JONGG

Thursdays — 9:00 a.m.–12:00 p.m.

Providence Community Center

Come out and make new friends as you play the game of Mah Jongg. Mah-Jongg was first played by the ruling class of China and dates back to the time of Confucius. This game was introduced into the United States back in 1920. There is no formal instruction, however regular players are glad to tutor new players to understand the game. The first Thursday of each month is recommended for beginners. At that time you are welcomed to observe our regular group of players. If you decide to play on a regular basis, you are asked to provide your own Mah Jongg set. There is no fee. All abilities are welcome.
NO MAH JONGG 11/26 and 12/24

PICKLEBALL

Tuesdays/Thursdays

Time: 10:30 a.m.–12:00 p.m.

Providence Community Center

Pickleball is a cross between tennis and badminton. This is a fun and easy game to learn and can be played by anyone regardless of athletic ability. Come and be part of our group of very enthusiastic players, some over 80 years of age! We have all levels of players in our groups. No reservations are necessary, just show up and play.

TABLE TENNIS

Monday–Friday — 9:00 a.m.–4:00 p.m.

Providence Community Center

Just show up and join us for a fun game of table tennis. Individuals of all playing abilities are welcome. This group is an on-going activity and run by group members. NO TABLE TENNIS 9/7, 10/12, 11/11, 11/27, 12/24 and 12/25

BRIDGING THE GAP IN TECHNOLOGY

First Wednesday of each month

3:15 p.m.–4:00 p.m.

Cedar Lane Shopping Center

Younger people usually learn from the knowledge and experience of their elders but technology has reversed that tradition, especially when it comes to learning about high-tech devices and the Internet. Whether you've just gotten a new device or just want to better operate the one you have, these FREE sessions will help you learn a little about how to use your iPad and iPhone. James Madison seniors, who have grown up in the digital age, will answer your questions in these one-on-one sessions. To make an appointment call 703-255-7801.

TAI CHI DROP-IN

Tai Chi Chaun is basically a martial art, but consists of a system of soft intrinsic exercises. It is the body controlled by the mind. It is this mind, which is actually the moving force preset in every motion. All patterns and movements are composed of circles, arcs, curves, and spirals of all sizes, going in all directions. Tai Chi Chaun builds good physique and all muscles and joints are exercised. It will improve inner body health due to deep and concentrated breathing, cultivates patience and restraint, influences nervous, cardiovascular, and respiratory and digestive systems and immensely improves balance, which normally deteriorates with age.

Location: VVFD

Beginner: W/F — 7:15 a.m. –8:15 a.m.

Intermediate: T/TH — 7:15 a.m.–8:15 a.m.

The Vienna Community Center hosts the following activities for Mature Adults. Kindly call the group coordinator for specific details about membership and events.

THE VIENNA SENIORS BRIDGE CLUB

Group Coordinator: Keith Openshaw 703-876-5306

Openshaw.keith@gmail.com

Contact Group coordinator for meeting location.

Intermediate and advanced bridge players are invited to attend our gatherings on Wednesdays from 10:30 a.m.–2:00 p.m. for bridge. There are refreshments and a lunch break at about noon.

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION (NARFE)

VIENNA-OAKTON CHAPTER

Group Coordinator: Ralph Dantine — 703-938-9757

NARFE meets the second Tuesday of the month at 1:30 p.m.

MATURE ADULT DROP-IN SEMINARS AND PROGRAMS

DROP-IN LEGAL SEMINARS

with David Hoffman, J.D., of Hoffman & Mathey, P.C.

These programs meet on Mondays from 10:00 a.m. – 11:30 a.m.

No registration necessary. Seminars are held at the Providence Community Center

THE TRUTH ABOUT TRUSTS

September 14th

You've heard about them. You've read about them. Now it's time to understand them. Through the use of hand-outs that define terms, explain the laws, and lay out the strategies you'll learn to use this most important will alternative to beat probate, cut taxes and lay waste to a host of other post mortem evils. Presented by Wills, Trusts and Estates Attorney, David G. Hoffman, of Hoffman & Mathey, P.C.

ESTATE PLANNING FOR NORMAL PEOPLE

October 5th

What? You say you don't own a palace, yacht, or even a private jet? You say you're not worth 10's of millions of dollars? You're not fabulously wealthy? Well, then why learn estate planning as if you were? Come down to earth with the rest of us and learn the laws and tactics that apply to the not so rich and famous. This 90-minute presentation includes such topics as: Probate for the poor, simple wills, simple trusts, property rights of husbands and wives, dealing with bratty kids, and more. Presented by Wills, Trusts and Estates Attorney, David G. Hoffman, of Hoffman & Mathey, P.C.s.

THE 5-STEP ESTATE PLAN

November 16th

It's a fact. Estate Planning can make you ill. There is too much to understand and so many decisions to make. Sometimes, just knowing where to begin is painful. "The 5-Step Estate Plan" is formulated to bring relief. This 90 minute presentation administers estate planning in small bites that are easy to swallow. It's jargon-free, non-drowsy formula will help you overcome your fear of wills, trusts, taxes and probate and cure your chronic indecision. No prescription required. Just bring yourself, your spouse, your friends and your family and leave the aspirin at home.

Presented by Wills, Trusts and Estates Attorney, David G. Hoffman, of Hoffman & Mathey, P.C.

10 THINGS EVERY EXECUTOR SHOULD KNOW

December 14th

So you have finally selected your executor. Now, the question is, will they know how to be a good one. The law holds executors and trustees to a very high standard and carelessness can result in law suits, removal and even criminal prosecution. Presented for executors, trustees and the people who select them, "10 Things Every Executor Should Know" is a 90-minute guide on how to do the job right. Topics include: preparing probate paper; filing tax returns; prudent investing; taking a commission; basic fiduciary accounting and more. Presented by Wills, Trusts and Estates Attorney, David G. Hoffman, of Hoffman & Mathey, P.C.



FIRE SAFETY IN YOUR HOME

Every bedroom needs a working smoke alarm. "Hear the Beep Where You Sleep: Every Bedroom Needs a Working Smoke Alarm" is the theme for this year's Fire Prevention Week campaign, October 4-10, 2015. Join Technician Shawn Crisp, with Fairfax County Fire and Rescue Department -Public Affairs and Life Safety Education to learn general fire safety in the home to include the importance of smoke alarms and having a fire escape plan. She will also speak about "The File of Life" which is a document completed by each individual and kept on your refrigerator to be used by first responders in the event of a medical emergency call. You won't want to miss this informative lecture. This is a FREE lecture; however registration is preferred.

Location: PCC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
241332-A1	10/8	1	Th	10-11A	Adult	FREE

REGISTRATION FORM

VCC USE ONLY • DATE: _____ REGISTRATION ACCEPTED BY: _____

TOWN OF VIENNA PARKS AND RECREATION

120 Cherry Street, S.E. • Vienna, Virginia 22180 • Phone: 703-255-6360 • Fax: 703-255-6399 • www.viennava.gov

CHECK ONE: Resident Non-Resident • CHANGE OF ADDRESS: Yes No • EMAIL ADDRESS CHANGE Yes No

ONE HOUSEHOLD PER REGISTRATION FORM

Head of Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: (_____) _____ Work Phone: (_____) _____

Cell Phone: (_____) _____ Email Address: _____

Emergency Contact (Name): _____ Emergency Contact Phone: (_____) _____

PARTICIPANT NAME FIRST/LAST NAME	BIRTH DATE	M/F	ACTIVITY NUMBER AND SECTION	ACTIVITY NAME	FEE
John Doe	1/2/03	M	222222 - B1	Gymnastics	\$32

PAYMENT METHOD

CHECK made payable to: TOWN OF VIENNA TOTAL: _____

CASH (Exact change only) TOTAL: _____

CREDIT CARD: TOTAL: _____

American Express _____ - _____ - _____ - _____ Exp. date: ____ / ____

Discover _____ - _____ - _____ - _____ Exp. date: ____ / ____

Master Card _____ - _____ - _____ - _____ Exp. date: ____ / ____

VISA _____ - _____ - _____ - _____ Exp. date: ____ / ____

Signature: _____ (I agree to pay above credit card total)

TOTAL FEES: _____

LESS HOUSEHOLD CREDIT: _____

TOTAL PAID: _____

**CHECK REFUND
POLICY
BEFORE REGISTERING
FOR CLASS**

In consideration of the registrant being granted permission by the Town of Vienna, Virginia to participate in this program and associated activities. I hereby release the Town of Vienna, Virginia and its officers, employees, agents, and volunteers from any and all liability relating to or arising out of the registrant's participation. The Town neither endorses nor provides any financial advice or counseling and financial counselors and/or lecturers are not employed by the Town. Any registrant to a financial counseling seminar or lecture assumed all risk of loss as a result of following any lecturer's advice. I authorize the Town of Vienna and its officials, employees, agents and volunteers, at any such person's discretion to administer emergency first aid treatment and at my expense to obtain the services of a physician(s) and/or rescue squad and authorize the same to effect such treatment of the registrant as they deem advisable. Participants in activities sponsored or cosponsored by the Park and Recreation Department consent to the department's use of any photograph, in film or videotape of the activity in any marketing or promotional materials.

SIGNATURE OF PARTICIPANT, PARENT, GUARDIAN _____ DATE: _____

**Town of Vienna
Parks and Recreation**

120 Cherry Street, S.E.
Vienna, Virginia 22180

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