



Vienna

PARKS AND RECREATION PROGRAMS AND EVENTS GUIDE

SPRING 2016

SPECIAL EVENTS

*See pages 13 to 17
and Back Cover*

EASTER Egg Hunt

See page 13

Egg Roll

See page 14

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

TOWN OF VIENNA SPRING 2016 GENERAL INFORMATION

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PARKS AND RECREATION DIRECTOR

Leslie Herman, CPRP..... 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

Amy-Jo Hendrix, Recreation Program Manager..... 703-255-6357

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

SPRING 2016 REGISTRATION

REGISTRATION DATES

IN TOWN BEGINS

February 10 at 8:00 a.m.

OUT OF TOWN BEGINS

February 17 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.

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.



GENERAL INFORMATION



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.

REGISTRATION DATES AND TIMES

- In Town (walk-in, mail-in, Webtrac, fax) begins February 10 at 8:00 a.m.
- Out of Town Registration (walk-in, mail-in, Webtrac, fax) begins February 17 at 8:00 a.m.

Registration can be dropped off at the Parks and Recreation temporary offices at

Cedar Lane Shopping Center
262 M Cedar Lane SE, Suites 4 and 7
Vienna, VA 22180.

Office Hours are Monday–Friday 8:00 a.m.–4:30 p.m.

After Hours at Town Hall Mail Slot (front door) 127 Center Street S.

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

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 and 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

- We follow the Fairfax County Public Schools closings.
- If schools are canceled for the day, all classes are canceled.
- When Fairfax County schools have a delayed opening, classes are canceled until noon.
- If Fairfax County schools are closing early, classes after 3:00 p.m. are canceled.
- On weekends, we will follow Fairfax County Schools inclement weather policies.

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 Business Office 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 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 due to the renovation. 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 Road. 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 Road 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



Online ONLY reservations will begin on March 14, 2016.

Rentals can begin on April 1st, 2016 and run through mid-October. Please visit www.viennava.gov to register through our WebTrac system.

Shelters are available for groups up to 75 people.

- 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
- CF** – Caffi Field — Located next to the
Community Center 120 Cherry Street SE, Vienna, VA
- CL** – Cedar Lane— 262M Cedar Lane SE, Unit 10, Vienna VA
- GP** – Glyndon Park — 300 Glyndon Street NW, Vienna, VA
- JMHS** – James Madison High School —
2500 James Madison Drive, Vienna, VA
- ML** – Meadow Lane Park — 599 Meadow Lane, SW, Vienna, VA
- PHL** – Patrick Henry Library — 101 Maple Avenue, E, Vienna, VA
- PCC** – Providence Community Center —
3001 Vaden Drive, Fairfax VA 22031
- SSP** – Southside Park — 1315 Ross Drive SW, Vienna, VA
- VBC** – Vienna Baptist Church — 541 Marshall Road SW, Vienna, VA
- VES** – Vienna Elementary School — 128 Center Street S, Vienna, VA
- VPC** – Vienna Presbyterian Church — 124 Parks Street NE, Vienna, VA
- VVFD**– Vienna Volunteer Fire Department —
400 Center Street S, Vienna, VA
- WF**– Waters Field — Corner of Center and Cherry Street SE,
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

Tuesday — April 19 to June 7
9:30 a.m.

Friday — April 22 to June 10
9:30 a.m. and 10:30 a.m.

Saturday — April 9 to June 4 (No Class May 28)
9:00 a.m., 10:00 a.m. and 11:00 a.m.

To register, please visit www.musictogetherofvienna.com

Fee: R \$180 / NR \$225—Eight Classes



TWOSEY DOODLERS

Instructor: Abrakadoodle

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 for an eight week session is due the first day of class made payable to Abrakadoodle.

Location: BH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
407250-A1	4/5-5/24	8	Tu	9:15-10A	18m-3y	\$102/\$128
407250-B1	4/5-5/24	8	Tu	10:15-11A	18m-3y	\$102/\$128
407250-C1	4/2-5/21	8	Sa	10-10:45A	18m-3y	\$102/\$128

MINI DOODLERS

Instructor: Abrakadoodle

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 for an eight week class is due the first day of class made payable to Abrakadoodle.

Location: BH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
407251-A1	4/5-5/24	8	Tu	11:15-12P	3y-6y	\$102/\$128
407251-B1	4/2-5/21	8	Sa	11-11:45A	3y-6y	\$102/\$128

DOODLERS

Instructor: Abrakadoodle

Children create their own unique masterpieces through painting, drawing, and exploring creative materials. Each lesson introduces children to new techniques and artists 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
407252-A1	4/2-5/21	8	Sa	12:30-1:30P	6y-12y	\$127/\$159

PRESCHOOL & YOUTH CLASSES



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.

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404706-A1	4/6-5/11	6	W	1:30-2:45P	3y-6y	\$75/\$94

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.

Location: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404707-A1	3/30-6/1	10	W	2-3:15P	3y-6y	\$150/\$188
404707-B1	3/31-6/2	10	Th	2-3:15P	3y-6y	\$150/\$188

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 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.

Location: Peterson Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414330-A1	4/16-6/11	9	Sa	9:00-9:30A	2y-3y	\$100/\$125

Location: ML

414330-B1	4/13-6/8	9	W	10-10:30A	2y-3y	\$100/\$125
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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 5/23

Location: Peterson Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414331-A1	4/16-6/11	9	Sa	9:40-10:10A	3y-5y	\$100/\$125
414331-B1	4/16-6/11	9	Sa	10:20-10:50A	3y-5y	\$100/\$125
414331-C1	4/16-6/11	9	Sa	11-11:30A	3y-5y	\$100/\$125

Location: ML

414331-D1	4/13-6/8	9	W	11-11:45A	3y-5y	\$100/\$125
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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 towards competitive Club Soccer.

Location: Peterson Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414332-A1	4/16-6/11	9	Sa	12-1P	6y-9y	\$120/\$150
414332-B1	4/16-6/11	9	Sa	1-2P	6y-9y	\$120/\$150

PRESCHOOL & YOUTH CLASSES

TENNIS

LITTLE SHOTS TENNIS — INTRO TO TENNIS

Instructor: First Serve Tennis

An introduction through fun games and activities designed to build hand eye coordination and familiarity with the tennis ball and racket. *NO CLASS 5/30

Location: ML

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404040-A1	4/11-6/20	10	M	4:30-5:15P	4y-6y	\$200/\$250
404040-B1	4/13-6/15	10	W	4:30-5:15P	4y-6y	\$200/\$250

FUN AND FUNDAMENTALS TENNIS

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.

Location: ML

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414040-A1	4/11-6/20	11	M	5:15-6:15P	7y-10y	\$200/\$250
414040-B1	4/11-6/20	11	M	6:15-7:15P	10y-14y	\$200/\$250
414040-C1	4/13-6/15	10	W	6-7P	7y-10y	\$200/\$250



CHILDREN'S CLAY STUDIO

Instructor: Bonnie Fitzgerald

Working in clay is a great way for children to experiment, invent and think. These classes will introduce children to the basics of working with clay: wedging, rolling and using slabs, tile making, coils and hand-built sculpture. Students will experiment making clay sculptures and learn technical considerations. Elements of design will be introduced as it relates to sculpture: line, form, positive and negative spaces, etc. Several small projects will be worked on. We also experiment with glazes and other surface enhancements. Open to all skill levels. Repeat students welcome! We constantly explore the art form and our materials in new ways. Children who have attended workshops in the past will continue their artistic mastery. New students will enjoy the journey. Classes will be held at the Bowman House, 211 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
417211-A1	4/20-5/18	5	W	4:15-6P	6y-12y	\$168.75/\$201.75

GYMNASTICS CLASSES

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.

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404061-A1	3/29-5/31	10	Tu	1:30-2:15P	3y-5y	\$55/\$70
404061-B1	3/31-6/2	10	Th	1:30-2:15P	3y-5y	\$55/\$70
404061-C1	3/28-5/23	9	M	3-3:45P	3y-5y	\$49.50/\$63

Location: CL

404061-D1	3/31-6/2	10	Th	10:35-11:20A	3y-5y	\$55/\$70
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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.

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404063-A1	3/29-5/31	10	Tu	2:30-3:15P	3y	\$55/\$70
404063-B1	3/29-5/31	10	Tu	3:30-4:15P	4y-5y	\$55/\$70
404063-C1	3/31-6/2	10	Th	2:30-3:15P	4y-5y	\$55/\$70
404063-D1	3/31-6/2	10	Th	3:30-4:15P	3y	\$55/\$70
404063-E1	3/28-5/23	9	M	2-2:45P	3y-5y	\$49.50/\$63

Location: CL

404063-F1	3/31-6/2	10	Th	11:25-12:10P	3y-5y	\$49.50/\$63
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STORY TIME ADVENTURES

Instructor: Shannon Lake

A creative class that combines stories, fitness, creative movement, and coloring fun. This class enhances children's books with related activities. Concepts covered may include (but not limited to) ABC'S and 123's, colors, animals, left and right, tumbling, ballet, etc.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404064-A1	3/31-6/2	10	Th	9:45-10:30A	3y-5y	\$55/\$70

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
414064-A1	3/29-6/2	20	Tu,Th	4:30-5:30P	5y-13y	\$130/\$160
414064-B1	3/29-6/2	20	Tu,Th	5:30-6:30P	5y-13y	\$130/\$160

PRESCHOOL & YOUTH CLASSES & CAMPS

THEATER

MUSIC THEATER II

Instructor: Barbara 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
418140-A1	4/4-5/9	6	M	5-6P	10y-16y	\$39/\$48.75

MUSIC THEATER I

Instructor: Barbara 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
418141-A1	4/4-5/9	6	M	4-5P	8y-12y	\$39/\$48.75

ACT IT OUT

Instructor: Summer Butler

Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids character education topics such as respect, sharing, kindness, etc. Each week, these young actors will learn various improvisational theater 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
418142-A1	3/29-5/31	10	Tu	4:15-5P	4y-6y	\$112/\$140

TEACHER WORK DAY CAMP

STUDIO 1 ART WORKSHOP

Instructor: Abtrakadoodle

Join the fun in Studio 1 and make artwork like the masters Use various materials to create masterpieces inspired by artists like Morriseau, Audubon, and Picasso. Learn new techniques, interesting art words and fascinating facts while creating something unique. (Please send a bag lunch, drink and snack with your child). (a \$8 material fee collected when the parents check in)

Location: BH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
405252-A1	4/22	1	F	9-3P	6y-12y	\$50/\$83

SPRING BREAK CAMPS

ABRAKADOODLE PRINTING MANIA

Instructor: Abtrakadoodle

It's an Abtrakadoodle stamp-edge of fun when students create a portfolio to fill with all types of print and stamp art. Various printing techniques will be shown from Gyotaku of bubble printing. Hand print art and even carving your own personal stamp are also explored. Learn about the different types of printing including relief and lithography while studying many ways to stamp!

Location: BH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
405251-A1	3/21-3/25	5	M-F	9-12P	3y-6y	\$260/\$310

COMPUTER TECHNOLOGY FOR THE CREATIVE TEEN

Instructor: Andy Livingston

Learn & Do PRODUCTIVE computer projects: PRODUCE a Podcast, shoot & EDIT video, CREATE your own flash website, Make your own 3D landscape, DESIGN your own T-shirt, hat or koozie & CREATE your own music beats ! Great entrepreneurial/creative fun to be had by all ! You never know what career this might lead to ? Movie producer, writer, graphic/web designer, architect or audio/video production OR your own company ! PC or MAC LAPTOP REQUIRED

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
415971-A1	3/21-3/25	5	M-F	8:30-12P	10y-16y	\$269/\$319

ACT IT OUT SPRING BREAK CAMP

Instructor: Summer Butler

Take an adventure in this theater & arts program that uses storybooks to emphasize positive values. Each day these young actors will play basic acting games, act out stories and create art projects related to the theme of the day. Campers will present their favorite story on the last day! Note: A \$20 materials fee is due the first day of camp.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
418144-A1	3/21-3/25	5	M-F	1-4P	3y-6y	\$185/\$232

SUMMER CAMPS

We have everything to make your kids' summer a great one. Be on the lookout for the Summer Camp Brochure in February.

- Sports Camps • Computer Camps • Teen Excursion Camps
- After Camp Care • Playground Camp
- Rollerblading, Skateboarding and Skate Board Camps
- Lego Camps • Video Game Camps • Chess Camps
- Fishing Camps • Art Camps • Acting Camps



CLUB PHOENIX TEEN CENTER

CLUB PHOENIX TEEN CENTER



Students can enjoy a place of their own at Club Phoenix. The club, a drop in center, where teens can mingle with classmates, get assistances with homework, create crafts, partake in group activities and games. A registration form is required for all teens wishing to participate in any Club Phoenix activity. Registration forms may be picked up at the Parks and Recreations main office, Club Phoenix, and at our web site www.viennava.gov. Club Phoenix is staffed by the Vienna Parks and Recreation Department.

CLUB PHOENIX AFTER SCHOOL PROGRAM

The Club Phoenix After School Program, for grades 6th through 8th, runs Monday through Friday 2:30 p.m. to 6:30 p.m. Homework help, special interest clubs and sports and fitness round out the day's activities. There are video games and games to play to occupy your time. The program is free and open to any teen in the Greater Vienna area. **Registration is required.** To register or for any question please contact Tammy Funk the Teen Center Program Coordinator at **703-255-5736** or by email, TFunk@viennava.gov.

CLUB PHOENIX LOCATION:

262M Cedar Lane, SE
Room 10
Vienna, VA 22180

SCHOOL YEAR HOURS OF OPERATION:

6TH, 7TH & 8TH GRADE

Monday–Thursday: 2:30 p.m.–6:30 p.m.

Friday: 2:30 p.m.–10:00 p.m.

THE TEEN CENTER WILL BE CLOSED:

March 21–25 and May 30



CLUB PHOENIX TEEN CENTER



PHOENIX ARTIST WEEK

Friday, March 4th–Thursday, March 10th • 4:30 p.m.–5:30 p.m.

Art Week is a great opportunity to build your confidence in the Arts. No matter your skill level or favorite art style there will be ideas for all. There will be a special conclusion at the end of the week.

CLUB PHOENIX ARTIST OPEN HOUSE

Friday, March 11th • 6:00 p.m.–7:00 p.m.

Parents, family and friends join one and join us all in celebrating our young artist! They have worked hard to create some of the best pieces of art in area. You will get to mingle with the inspiring artist themselves! Light refreshments will be provided.

GARDEN BLOOMING

Tuesday, April 12th • 4:30 p.m.

Authentic flower gardens are an educational and hands-on project. Just add water and decorate the pots to create beautiful miniature flower gardens with marigold seeds.

SCIENCE EXPERIMENT DAY

Friday, May 6th • 4:00 p.m.

It's time to mix, bubble and test to see which experiment works the best!



CLUB PHOENIX PARK TAKEOVER

This Spring Club Phoenix Teen Center and the Town of Vienna Park and Recreation Department brings you the first ever pop-up Teen Center for all registered Club Phoenix member in grades 6th–8th. All events are free and outdoors have teens dress accordingly. Participants must wear sneakers in order to take part in the games. Teens must be dropped off by a parent or guardian.

Friday, April 8th

7:00 p.m.–9:00 p.m.

Meadow Lane Park for a Tennis Court Dodgeball Game.

Friday, May 13th

7:00 p.m.–9:00 p.m.

Glyndon Park for an evening of Flashlight Tag. (Please bring your own flashlights and batteries.)

Friday, June 10th

7:00 p.m.–9:00 p.m.

Glyndon Park for a night of Capture the Flag.

TEEN COUNCIL

President: Reese Noyes

Vice President: Graham McCarthy

The Teen Council, a group of youth from Club Phoenix participates in many events ranging from stream cleanups to kids' activities in hopes of making a difference in their community. The teens are also leaders at Club Phoenix by providing education on youth issues and volunteering at special events. If you are in 6th grade or older an application can be picked up at the Club Phoenix. Meetings are on alternating Fridays at 6:00pm-7:00pm. Volunteer opportunities are typically on the weekends with a few opportunities after school and during school breaks. Teens are chaperoned by a Town of Vienna employee on each volunteer outing. Call **703-255-5736** or e-mail **tfunk@viennava.gov** for more information.



TEEN IMPROV CLUB

President: Natalie St. John

The "Teen Improv Club" is a chance for teens to flex their comedy muscles by participation in a series of improv and sketch comedy classes. During the school year, the group meets once a week every Friday night from 7:00 p.m.–8:00 p.m. at Club Phoenix and will culminate in a final performance for family and friends. It doesn't matter if you have never tried comedy; the class is open to newcomers as well as experienced comics. You will participate in improv games and write comedic sketches to enhance your skills. Bring your funny bone, be ready to laugh and have a lot of fun! For more information please contact Jose Torres at **703-255-5736**.

HIGH SCHOOL VOLUNTEER HOURS

High School students are encouraged to volunteer at the Teen Center during the after school program. Interested students should contact Tammy Funk at **703-255-5736** or by email, **TFunk@viennava.gov**.

"THE PHOENIX" PARENT E-NEWSLETTER

The Club Phoenix Parent E-Newsletter "The Phoenix" will keep you informed of schedule changes, special events, center closures and after school activities. You can add your e-mail at the Teen Center, call **703-255-5736** or email **BHanifin@viennava.gov**.

Family Flashlight Egg Hunt

FRIDAY, MARCH 18

7:30 p.m.–9:00 p.m.

Glyndon Park

RAIN OR SHINE EVENT



Enjoy a family evening searching for eggs and prizes, in the dark! Please bring a flashlight so you can find the eggs. Be fast as a bunny, bounce through the inflatable obstacle and visit the Easter Bunny. The Egg Hunt will begin at dark. The cost is \$3 per family member, under 12 months free. A maximum of six tickets can be purchased per household. You can purchase tickets online or in person. Tickets go on sale online for in-Town residents on Monday, February 22 at 8:00 a.m. All remaining tickets go on sale Tuesday, February 23 at 8:00 a.m.

Old Fashioned Egg Roll

FREE!

SATURDAY, MARCH 19

10:30 a.m.–11:30 a.m.

Historic Freeman House, 131 Church Street S.

Families & Children 12 and under

Join Historic Vienna, Inc. and Town of Vienna
Parks and Recreation for an
Old Fashioned Egg Roll.

Visit with the Easter Bunny
and enjoy the tales from
a storyteller.



For more information call 703-938-5187.

Vienna Theater Company SPRING PRODUCTION

Continuing their tour of Vienna, the Vienna Theatre Company presents
"In Living Sound" at the Flame Room of the Vienna Volunteer Fire Department on

April 1, 2, 7, and 8. Show begins at 8:00 p.m.
Doors open at 7:15 p.m. for dinner.

VTC joins forces with the VVFD Auxiliary to present an evening of food, fun, and theatre. The VVFD Auxiliary will be serving a number of delicious items and VTC will be serving an evening of theatre. Further details about the show as well as where to purchase tickets will be available in March at the VTC website: <http://www.viennatheatrecompany.com>

Friday tickets \$14.00 per person.

Hot foods and drinks will be available for purchase.

Saturday tickets are \$25 in advance, \$30 at the door.

Includes the show, dinner/drinks and a desert.

SATURDAY DINNER MENU: baked ziti, salad, bread and a desert.

Garden Faire

SATURDAY, MAY 7

9:00 a.m.–Noon

VIENNA TOWN GREEN

Gardening vendors, demos, plant sale and much more!
Please contact Kathy Blevins if you would like to become a vendor,
kblevins@viennava.gov.

Ayr Hill Garden Club Plant Sale

8:00 a.m.–1:00 p.m.

Teens on the Green CONCERT

SATURDAY, MAY 14 • 11:00 a.m.–3:00 p.m. • TOWN GREEN



The Town of Vienna Parks and Recreation and Club Phoenix Teen Center proudly present “Teens on The Green” at Vienna Town Green. The local talent will awe and amaze as we highlight fantastically talented teens artists.

The concert is free and open to the public. We will also have fun things on the green for teens to do.

Please contact the Vienna Community Center for more information at **703-255-6360**. Performances from, Adrenaline Dance, the Vienna Jammers, Club Phoenix Improv Team, Bach to Rock and more!

Community Health and Wellness Fair for Mature Adults



SATURDAY, MAY 14

9:00 a.m.–1:00 p.m.

Sponsored by the Green Acres Senior Center and Town of Vienna Parks and Recreation

Green Acres Senior Center • 4401 Sideburn Road • Fairfax, VA 22030

For more information call 703-359-2487

BIKE RODEO



SATURDAY, JUNE 11

10:00 a.m. – 1:00 p.m.

**Vienna Fire Department
Parking Lot**

*Sponsored by the Town of Vienna,
Parks and Recreation, Vienna
Police Department, and Safe
Routes to School*

B

ike Rodeos are designed to help children who already know how to ride develop safety skills under the guidance of veteran cyclist. Youth are given the opportunity to learn real life bicycle handling skills that enable them to safely ride in their neighborhood areas — breaking, balancing, basic road rules and how to handles obstacles. Children must have a helmet to participate. Free bike helmets for kids (limited amount) provided by INOVA Health Systems. Please call the weather line for cancellations or delays **703-255-7842**.

ADULT POTTERY



POTTERY LAB

Open to all adults in the Pottery program. \$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. There is NO online registration for Pottery Lab. Please register at the Vienna Parks and Recreation Business office. *NO CLASS 5/28

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
437210-A1	4/13-6/4	23	W	9:30A-1P	Adult	\$45/\$45/\$45
			TH	9:30A-10P		
			SA	10A-3:30P		

BEGINNER WHEEL I

Instructor: Lori Yankovitz

An overall introduction to the potter's wheel for beginners, including the basics of centering, throwing, trimming, and glazing. Students will learn to throw cylinders and bowls. It is mandatory that beginners attend the first two sessions of class as the foundation of throwing will be covered in those two classes. Students should purchase a basic tool kit consisting of a needle tool, wire, and wooden rib and wooden sculpting tool which are available at arts and crafts store and on line. Students should also bring an old towel and a large sponge for cleaning. Wear clothes you expect to get dirty.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
437215-A1	4/8-5/27	8	F	6:30-9:30P	Adult	\$144/\$180/\$144

BEGINNER WHEEL II/ INTERMEDIATE WHEEL

Instructor: Lori Yankovitz

This Beginner Two class is for students that have had at least 4 semesters of Beginning Wheel One class or the equivalent and have been introduced to the basics of wheel pottery, 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. Students wishing to work on larger pieces or multiple pieces should consider purchasing their own bats.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
437211-A1	4/4-5/23	8	M	6:30-9:30P	Adult	\$144/\$180/\$144



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
437212-A1	4/5-5/24	8	Tu	4-7P	Adult	\$144/\$180/\$144

ADVANCED WHEEL

Instructor: Morning Class: Beth Kendall

Evening Class: Lori Yankovitz

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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
437213-A1	4/5-5/24	8	Tu	9:30-12:30P	Adult	\$144/\$180/\$144
437213-B1	4/6-5/25	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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
437214-A1	4/7-5/26	8	Th	9:30-12:30P	Adult	\$144/\$180/\$144
437214-B1	4/7-5/26	8	Th	7-10P	Adult	\$144/\$180/\$144

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



ADULT ART & FITNESS

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 Streets.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
437240-A1	4/4-5/23	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 Streets.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
437241-A1	4/5-5/24	8	Tu	7-9P	Adult	\$80/\$100/\$80



ADULT FITNESS

JAZZERCISE

Instructor: Joan Brown

The original aerobic exercise class, Jazzercise, combines dance, strength training, yoga, Pilates and kickboxing movements into one fun and effective total body workout. The mix of Latin, hip hop and jazz dance movements make Jazzercise feel more like a girl's night out than a workout!

Wildly imitated but never duplicated, routines are choreographed to current hits by major recording artists. With its fresh moves, new music and pure motivation, no other fitness program comes close. You'll burn up to 600 calories in one 60-minute Jazzercise class! Ready to give Jazzercise a try?

Schedule :

**M/W/F — Vienna Volunteer Fire Department
9:30 a.m.–10:30 a.m.**

**M/W — Vienna Baptist Church
6:30 p.m.–7:30 p.m.**

**TH — Vienna Baptist Church
5:45 p.m.–6:45 p.m.**

Fee : \$40 monthly EFT (electronic funds transfer) — unlimited (automatically debited from a credit card or checking account)

\$50 monthly unlimited pass — purchased in class
\$15 daily walk-in (1 class) • \$30 one-time joining fee
Please call Joan at **703-362-6653** to register or go to www.jazzercise.com to register on-line.

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.

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
403050-A1	4/5-5/31	9	Tu	9:50-10:50A	Adult	\$45/\$56.25/\$22.50
403050-B1	4/7-6/2	9	Th	9:50-10:50A	Adult	\$45/\$56.25/\$22.50



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.

Location: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
433022-A1	3/30-5/25	9	W	8:15-9P	Adult	\$99/\$123.75/\$99

ADULT FITNESS AND ATHLETICS



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.

**Location: M/SA — VBC
W — VVFD**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
433021-A1	4/4-5/23	8	M	7-8P	Adult	\$80/\$100/\$80
433021-B1	4/6-6/1	9	W	7-8P	Adult	\$90/\$112.50/\$90
433021-C1	4/9-6/4	9	Sa	10-11A	Adult	\$90/\$112.50/\$90

BOUNCE FITNESS BOOT CAMP

Instructor: Bounce Fitness Staff

A popular interval class that mixes calisthenics and body weight exercises with cardio and strength training. These boot camps are designed in a way to be different all the time, and push our participants harder than they'd push themselves. We want to keep you guessing - and challenge you differently every class! Although our instructors may push you like a drill sergeant, our goal is to offer encouragement rather than intimidation. We want you to have tons of fun — but please be prepared for some high intensity training!
*NO CLASS 4/11,5/30

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
433023-A1	4/4-6/6	8	M	12-1P	Adult	\$80/\$100/\$80

TABATA BOOT CAMP

Instructor: The Fitness Group

Tired of the same old workouts, with no results? Join Tabata Bootcamp! Tabata Bootcamp is an 8 week bootcamp program that will get you in the best shape of your life! This program is combines the effectiveness of bootcamp rigor with the most current research in fitness...High Intensity Interval Training. Tabata Bootcamp is specifically formulated to fit every fitness level, from beginner to advanced. Lose inches and sizes, and get the body you want. Class addendums: Tabata Bootcamp website to track food journal and workout homework online, addition fee \$9.98. Bring to class: towel, yoga mat. Get ready to sweat and succeed with results you want to see!

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
433054-A1	4/4-5/25	16	M,W	8-8:45P	Adult	\$229/\$279/\$229

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 6/14

Location: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
433429-A1	4/1-4/27	12	M,W,F	6-7A	Adult	\$165/\$206.25/\$165
433429-B1	4/29-5/25	12	M,W,F	6-7A	Adult	\$165/\$206.25/\$165
433429-C1	6/1-6/27	12	M,W,F	6-7A	Adult	\$165/\$206.25/\$165

PILATES AND YOGA

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 4/12

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
433500-A1	3/29-5/31	9	Tu	12:30-1:30P	Adult	\$108/\$135/\$108

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.

Location: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
433501-A1	3/28-5/23	9	M	7-8P	Adult	\$108/\$135/\$108



ADULT FITNESS AND ATHLETICS

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.

Location: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
433503-A1	3/30-6/1	10	W	7-8P	Adult	\$120/\$150/\$120

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 5/30

Location: Tuesday – VBC

Monday – VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
433050-A1	4/5-5/31	9	Tu	7-8:30P	Adult	\$90/\$112.50/\$90
433050-B1	4/4-6/6	9	M	12:30-1:30P	Adult	\$90/\$112.50/\$90

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 5/28

Location: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
433051-A1	4/9-6/4	8	Sa	7-8:30A	Adult	\$80/\$100/\$80



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.

Location: VBC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
433052-A1	4/7-6/2	9	Th	7-8:30P	Adult	\$90/\$112.50/\$90

TENNIS

ADULT TENNIS

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 and initial ability to rally. Students are encouraged to repeat this class until they can consistently put the ball in play. *NO CLASS 5/30

Location: ML

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
434040-A1	4/11-6/20	10	M	9:45-11A	Adult	\$275/\$325/\$275
434040-B1	4/13-6/15	10	W	7:15-8:30P	Adult	\$275/\$325/\$275
434040-C1	4/15-6/17	10	F	11-12:15P	Adult	\$275/\$325/\$275

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 5/30

Location: ML

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
434041-A1	4/11-6/20	11	M	11-12:15P	Adult	\$275/\$325/\$275
434041-B1	4/15-6/17	10	F	9:45-12:15P	Adult	\$275/\$325/\$275

ADULT FITNESS AND CLASSES



ADULT CARDIO TENNIS

Instructor: First Serve Tennis

Strengthen your body and tennis game with a great mix of high-paced drilling, heart-healthy aerobics, and important strengthening and stretching exercises. *NO CLASS 5/30

Location; ML

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
434042-A1	4/11-6/20	10	M	7:30-8:45P	Adult	\$275/\$325/\$275

TENNIS LEAGUES

MEN'S TENNIS LEAGUE

Registration is now being accepted for our spring tennis league. Registration is open until league fills with eight players in each division (16 men, 16 women). All matches will be played at either Meadow Lane or Glyndon Park. Players should rate themselves as 2.5 or higher on the National Tennis Rating System to participate. Each league member will play a minimum of seven matches during the season. League rules, regulations, and schedules will be mailed to participants after the registration deadline date. There are two divisions; Division I will be the more competitive division. To compete in division I, players must rate themselves on the NTRS scale above a 3.5 level. Please indicate on the registration form which division you would prefer to play in.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
433040-A1	4/9-6/4	9	Sa	9-12P	Adult	\$15/\$20/\$15
433040-B1	4/9-6/4	9	Sa	9-12P	Adult	\$15/\$20/\$15

WOMEN'S TENNIS LEAGUE

Registration is now being accepted for our spring tennis league. Registration is open until league fills with eight players in each division (16 men, 16 women). All matches will be played at either Meadow Lane or Glyndon Park. Players should rate themselves as 2.5 or higher on the National Tennis Rating System to participate. Each league member will play a minimum of seven matches during the season. League rules, regulations, and schedules will be mailed to participants after the registration deadline date. There are two divisions; Division I will be the more competitive division. To compete in division I, players must rate themselves on the NTRS scale above a 3.5 level. Please indicate on the registration form which division you would prefer to play in.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
433041-A1	4/10-6/5	9	Su	9-12P	Adult	\$15/\$20/\$15
433041-B1	4/10-6/5	9	Su	9-12P	Adult	\$15/\$20/\$15

SOFTBALL LEAGUE

MEN'S SOFTBALL LEAGUE

The Vienna Parks and Recreation Department is accepting registration for the 2016 Vienna Men's Softball League. A temporary roster and \$100.00 non-refundable deposit will be required at the time of registration. Registration will be accepted on a first come first served basis. The registration deadline is Friday, March 18, 2016. League play will begin April 11, 2016. For a registration packet, please contact Brandy Wyatt at **703-255-5721** or bw Wyatt@viennava.gov.

Activity #	Dates	# of Classes	Day	Time	Age	Team Fee
433081-A1	4/11-7/28	64	M-Th	6-11P	Adult	\$600

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
437620-A1	4/5-4/12	2	Tu	10-12P	Adult	\$75/\$94/\$75

TODAY'S TECHNOLOGY FOR BABY BOOMERS AND BEYOND

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 much, much more.

Location: TH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
437621-A1	5/10-5/31	4	Tu	10-12P	Adult	\$120/\$150/\$120



ADULT CLASSES

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 use eBay effectively today! Laptop or tablet required.

Location: TH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
437622-A1	4/19-4/26	2	Tu	10-12P	Adult	\$75/\$94/\$75

DECREASE YOUR TELECOM/ CABLE COST

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
437623-A1	5/3	1	Tu	10-12:30P	Adult	\$35/\$44/\$35

TRACING YOUR FAMILY ROOTS

Instructor: Gayle Yiotis

If you have seen the show "Who Do You Think You Are?" On NBC, sponsored by Ancestry.com you know that tracing your family roots can be an exciting and surprising journey that can lead to people and places never dreamed of! But this journey is not usually an easy or direct one and takes much research. Gayle is a former archivist and researcher at the Smithsonian Institute and genealogical researcher for Ancestry. Advanced students wishing to enroll will partner with beginner students and be taught how to interpret the data they find. We will conduct online searches in class, if you have a laptop please bring it to class.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
439480-A1	4/9-5/14	6	Sa	2-4P	Adult	\$60/\$75/\$30



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). *NO CLASS 4/24

Location: BH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
458130-A1	4/10-5/22	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. *NO CLASS 4/24

Location: BH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
458131-A1	4/10-5/22	6	Su	12:15-1:15P	Adult	\$37.50/\$46.50/\$37.50



IRISH FIDDLE CLASS

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
458132-A1	4/7-5/26	8	Th	5-6P	Adult	\$50/\$62.50/\$50

ADULT AND FAMILY TRIPS

There are **FOUR** easy ways to register for trips:

- 1.) **BY MAIL** to Vienna Parks & Recreation Business Office
262-M Unit 4 Cedar Lane, Vienna 22180
- 2.) **ON LINE** at www.viennava.gov
- 3.) **IN PERSON** at the Vienna Parks & Recreation office
262-M Unit 4 Cedar Lane, Monday–Friday 8 a.m.–4:30 p.m.
- 4.) **AFTER HOURS** at Town Hall Mail Slot (front door)
127 Center Street S.



PHILADELPHIA FLOWER SHOW

The PHS Philadelphia Flower Show is an annual event at the Pennsylvania Convention Center. It is the world's oldest and largest indoor flower show. The Show features large-scale gardens, elaborate landscapes, and over-the-top floral creations. Visitors to the PHS Philadelphia Flower Show are treated to fabulous design, live entertainment, gardening how-to workshops, and lectures by experts. The 2016 theme will celebrate the 100th anniversary of the National Parks. From Acadia and Cape Cod, to Valley Forge and Shenandoah, to Yellowstone and Yosemite, experience American beauty and glory through the eyes of the nation's premier floral and garden designers. Lunch and dinner will be on your own. The bus will pick up and drop off at the Vienna Volunteer Fire Department 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
351560-A1	3/9	1	W	9-10P	Adult	\$76/\$95/\$76



TOBY'S DINNER THEATRE — "SOUTH PACIFIC"

Located in the heart of Columbia, MD, Toby's Dinner Theatre offers award-winning Broadway and original musicals with an exceptional buffet-style dinner. This Rodgers and Hammerstein classic features some of the most beautiful music ever composed for theatre. Love transcends both the harsh realities of war and social stereotypes in this sweeping tale that won a Pulitzer Prize and 10 Tonys. South Pacific features illustrious songs such as "Gonna Wash That Man Right Outa My Hair", "Some Enchanted Evening", and "Bali Hai". This lush, exotic musical by Rodgers and Hammerstein tells of two love stories, both filled with the passion of wartime romance and the challenge of overcoming prejudice for love. Suitable for all ages! You will enjoy a truly unique venue with an amazing performance. Pick up location will be the Vienna Volunteer Fire Station 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
351565-A1	3/16	1	W	9-4:30P	Adult	\$95/\$118/\$95

MONTPELIER — CONSTITUTION AND GARDEN TOUR



Montpelier, located in Montpelier Station, VA, was home to President James Madison, Father of the Constitution and Architect of the Bill of Rights, and Dolley Madison, America's first "First Lady." Liberty, democracy, and the ideas that inspired a nation and changed the world come alive as our mansion tour will feature the life and career of James Madison, Father of the Constitution, as well as the political philosophies and debates embodied in the U.S. Constitution. Gain a deeper understanding and appreciation for the "spirit" not just the "letter" of America's greatest document. Lunch will be on your own at the eXchange café at Montpelier. After lunch we will explore both the natural and human landscape—home to champion native trees, rare flowers, unique specimen plantings, and 200 years of landscaping that is still being revealed daily by Montpelier's archaeologists. This trip involves a fair amount of walking and standing. The bus will pick up and drop off at the Vienna Volunteer Fire Department 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
351511-A1	3/30	1	W	8:30-5P	Adult	\$87/\$109/\$87



CHERRY BLOSSOM TEA AT THE NATIONAL CATHEDRAL

Spring is Cherry Blossom time in the Nation's Capital. To celebrate this special time of the year, we will visit the sixth-largest cathedral in the world, the National Cathedral. On our tour, we will enjoy the Cathedral Highlights including all of the must-see features of the Cathedral. This is a perfect introduction to the history, architecture, and artwork of the Washington National Cathedral. After our tour, we will proceed to the tower's Pilgrim Observatory Gallery where we will enjoy a special and festive tea to celebrate the beauty of the cherry blossoms in bloom. Please ensure to eat lunch or a snack prior to the trip, as the tea will be served AFTER the tour at 2:45 p.m. Pick up location will be at the Vienna Volunteer Fire Department 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
441241-A1	4/5	1	Tu	12-5P	Adult	\$62/\$78/\$62



HILLWOOD ESTATE AND GARDENS

Nestled in the hills of northwest Washington, D.C., Hillwood is the home of Marjorie Merriweather Post, a legendary hostess, pioneering businesswoman, diplomat, philanthropist, and distinguished collector. We will enjoy all that Hillwood has to offer, including a docent led tour of the mansion, exploring the gardens, having an elegant meal in the café, and completing our experience with a stop in the museum shop. Join us as we delight in discovering the beauty and serenity of Hillwood Estate, Museum and Gardens. Pick up location will be at the Vienna Volunteer Fire Department 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
441242-A1	5/25	1	W	8-4:30P	Adult	\$83/\$104/\$83



BAY LIGHTHOUSE CRUISE — ANNAPOLIS, MD

Join us a trip to Annapolis, Md where we will board a 65' custom built yacht for a Bay Lighthouses Cruise. A costumed Lighthouse Keeper on the cruise will take us to a time when our lighthouses were "manned" in the Chesapeake Bay in order to keep the vessels warned of danger. The Lighthouse keeper will keep you entertained and engaged with humor, anecdotes, music, tales of famous keepers and even a ghost story or two! You can expect restrooms, handicapped accessibility, climate controlled conditions on the lower deck, with open air and covered areas on the upper deck. A bagged lunch will be included on the cruise. This Bay Lighthouses Cruise promises you a memorable time on the water. Pick up location will be at the Vienna Volunteer Fire Department 400 Center Street S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
441240-A1	6/15	1	W	9:30-4:30P	Adult	\$95/\$110/\$95

MATURE ADULT CLASSES AND SEMINARS



WALKERS

MONDAY MORNING WALKERS

Instructor: Jean Feeney

Come and walk on 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.

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
443282-A1	4/11-5/9	5	M	10-11A	Adult	\$7/\$8.75/\$7

FRIDAY MORNING 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:

April 15- Walk from the Vienna Volunteer Fire Department.

April 22- Bull Run Regional Park, Centerville.

April 29- Lake Fairfax Park, Reston.

May 6- Burke Lake Park, Burke.

May 13- Bluemont Park, Arlington.

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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
442472-A1	4/15-5/13	5	F	10-11A	Adult	\$15/\$18.75/\$15



SENIOR FITNESS

Instructor: Tuesday: TBA

Thursday: Teresa 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 5/26,6/2

Location: VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
443730-A1	3/29-6/23	24	Tu,Th	11-12P	Adult	\$44/\$55/\$44

ABC's FOR SENIORS

Instructor: Teresa 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. *NO CLASS 6/1

Location: VPC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
442576-A1	3/30-6/22	12	W	1:45-2:45P	Adult	\$96/\$120/\$96

MATURE ADULT CLASSES AND SEMINARS

MINDFULNESS MEDITATION AND YOGA

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, enhances 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.

Location: TH

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
442475-A1	3/22-5/10	8	Tu	9:30-11A	Adult	\$80/\$100/\$80

HEART AND SOLE SENIOR 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 4/3

Location: VPC

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
442476-A1	4/1-6/10	11	F	11:30-12:30P	Adult	\$94/\$117/\$94



PERSONAL HISTORY

Our lives are filled with unique experiences, which make future generations more knowledgeable, when shared through written autobiographies. This is an opportunity to record the story of your life for your children, and children, and generations to come. At the beginning of each session class members themselves select topics about which to write. Each week each class member comes to class prepared to read the equivalent of one to two typed written pages. (Pieces may be handwritten). There is no formal critique of writing. Writers may ask for Suggestions by class members, many of whom have written for many years. This class is run by participants and does not have formal instruction. It is for fun, friendship and supportive feedback. Participants, who have been attending this class for several years, welcome new people. If a more formal writing class is not for you, consider this program as a place to share stories. A \$5 cash donation is paid in class to purchase coffee, tea, sugar, and creamer to be served at each class. There are 30 spaces available in this class.

Location: LIB

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
442480-A1	4/7-6/30	13	Th	10:40-12:40P	Adult	\$5 for refreshments



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: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
442290-A1	4/11-4/12	2	M,Tu	10-3P	Adult	\$0/\$0/\$0

FREE MATURE ADULT LECTURES



SELLING YOUR HOME TO A BUILDER

Do you get letters in the mail from builders wanting to buy your house? Come to this program to find out the best case scenario, ins and outs, as well as how to protect yourself?

Taught by a VA license Realtor.

This is a FREE lecture. Registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
340070-A1	1/25	1	M	10-11A	Adult	FREE
340070-B1	3/16	1	W	7-8P	Adult	FREE

GETTING YOUR HOME READY TO SELL IN THE SPRING

This lecture will give tips and ideas for getting your home ready to sell in the 2016 Spring Selling Season. Discussion includes interior and exterior ideas and advice...taught by one of the leading Realtors in the Northern Virginia Market.

This is a FREE lecture. Registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
340071-A1	3/28	1	M	10-11A	Adult	FREE

EFFECTIVE COMMUNICATION STRATEGIES

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

This is a FREE lecture. Registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
340072-A1	2/1	1	M	10-11A	Adult	FREE

STRESS MANAGEMENT

Dr. Brandon Lemuel, with Pure Chiropractic, who serves Vienna and surrounding communities, will discuss the ways in which everyday stressors effect our mind and body. He will offer ideas about how to cope with stress and apply holistic healing methods to better deal with the stressors we are all exposed to on a regular basis.

This is a FREE lecture. Registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
340073-A1	3/2	1	W	1-2P	Adult	FREE

WHAT MATTERS MOST — INSPIRATION FOR YOUR FINANCIAL FUTURE

Women have unique financial challenges. For example, women live longer than men; they often leave the workforce to become a family caregiver; and, on average earn less than men therefore making smaller contributions to Social Security and other retirement investment programs. This workshop provided by the Foundation for Personal Financial Education, will show you steps you can take to protect your financial future in regards to health care costs, Social Security benefits, spousal protection and basic estate planning. Make sure you are financially prepared for the future!

This lecture is free. Registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
441243-A1	6/6	1	M	10-11A	Adult	FREE

PLANNING FOR HEALTH CARE IN RETIREMENT

One of the biggest concerns for retirees is the increasing cost of health care. Rising health care expenses as we age can cause great risk to your financial security. Taking steps to prepare for costly medical bills with proper planning can help you avoid this pitfall. Greg Bernhard, with Plum Financial in Vienna, will cover topics such as: gaining insight into health care costs, understanding your health insurance options including Medicare coverage, how to factor health care costs into your retirement income planning, how to take advantage of all possible sources of funding health care expenses, and the basics of creating a health care financial plan.

This is a FREE lecture. Registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
441333-A1	3/14	1	M	10-11A	Adult	FREE

SOCIAL SECURITY: SEVEN KEYS TO ENHANCING YOUR BENEFITS

Social Security continues to play a critical role in a retirement strategy. Are you taking full advantage of what Social Security offers? The Foundation for Personal Financial Education will help you rethink your retirement. This workshop will offer seven keys to enhancing your Social Security benefits including: Keys to help you understand the basics of Social Security, including when you should start taking benefits, keys that take a deeper dive into Social Security such as working in retirement, and taking the next step in rethinking retirement strategies.

This is a FREE lecture. Registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
441561-A1	5/2	1	M	10-11A	Adult	FREE

FREE MATURE ADULT LECTURES

NUTRITION 101

The group will discuss how proper nutrition can support all of your health goals — including helping the aging process, maintaining energy and weight levels, body pain and inflammation. Dr. Brandon Lemuel, with Pure Chiropractic, in Vienna, will be offering practical ways to improve your diet by recommending specific food options to try and to avoid.

This is a FREE lecture. Registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
441562-A1	4/6	1	W	1-2P	Adult	FREE

RAISING HEALTHY CHILDREN

Please join Dr. Brandon Lemuel, with Pure Chiropractic, who serves Vienna and surrounding communities, to discuss ways to support the health of your children in today's increasingly stressful world. Dr. Brandon will be offering thoughts on how we can encourage our families to get well and stay well.

This is a FREE lecture. Registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
441563-A1	6/1	1	W	1-2P	Adult	FREE

GET FIT WHILE YOU SIT

In today's society, many of us are sitting more than is natural for the human body. The sitting is the new smoking. Join Dr. Brandon Lemuel, with Pure Chiropractic, who services Vienna and surrounding communities in a discussion on how we can accommodate the hours we are sitting in order to stay functionally active in our everyday life.

This is a FREE lecture. Registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
441564-A1	5/4	1	W	1-2P	Adult	FREE

SENIOR SCAMS

Seniors being scammed is a big problem, come find out what you can do to avoid being taken advantage of, don't be vulnerable, be vigilant.

FREE lecture. Registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
441565-A1	2/29	1	M	10-11A	Adult	FREE

PETE'S TOP 5 EUROPEAN DESTINATIONS

Pete Himmelberger is a former Foreign Service Officer and international business consultant, turned travel agent with experience in over 85 countries. Pete will share his version of his top 5 destinations European Destinations. You might be surprised which cities are on his list and why he picked them.

This is a FREE lecture. Registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
442483-A1	4/4	1	M	10-11A	Adult	FREE

APPRAISAL SHOW

Look around at the items in your home and decide which ones you want to learn more about: gems, jewelry, diamonds, gold, silver, timepieces and coins. A JG Jewelry and Estates GIA Certified Appraiser will be presenting and advising you on what you have, how old it is, where to sell, estate planning, insurance, tax issues and donations, as well as repair and restoration. Participants are invited to bring 1 item per person for evaluating during the discussion based on first come, first served.

This is a FREE event; however registration is required.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
442484-A1	6/20	1	M	10-11A	Adult	FREE

STRENGTH TRAINING FOR OLDER ADULTS

Growing older seems to involve an inevitable loss of strength, energy, and vigor. Most of the decreased energy and the frailty we associate with aging can be attributed to muscle loss due to inactivity. Studies demonstrate muscular strength decreases by approximately 15% per decade in the sixth and seventh decade, and 30% thereafter. The old saying is true when it comes to muscle: Use it or lose it. Strength training also called resistance training is one of the best ways to keep our muscles healthy and slow down the effects of aging. It can help build bone and muscle and helps to preserve strength, independence,

and energy. Strength training can also reduce the signs and symptoms of many diseases and chronic conditions. Lynn Ortiz, with Fitness Together — Tysons will teach you what type of exercise is safe and appropriate for the older adult and how it can slow down the effects of aging and chronic disease.

This is a FREE lecture. Registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
442482-A1	5/16	1	M	10-11A	Adult	FREE

FREE MATURE ADULT LECTURES & ON-GOING RECREATIONAL PROGRAMS



MASSAGE TECHNIQUES FOR ALZHEIMER'S PATIENTS

Massage is a non-invasive pain and stress relieving therapy that has existed for thousands of years. Before modern pharmaceuticals, massage was a trusted tool used to heal and restore health and wellbeing to those suffering from a variety of maladies, both physical and mental. Today, massage is reemerging as a viable adjunct to prescribed medications and treatments for those suffering from conditions such as PTSD, Alzheimer's disease, stress associated with cancer treatments and ADHD. Using massage to reduce stress in Alzheimer's patients is a wonderful way for caregivers to administer calming therapy with a gentle touch. The lecture will teach participants various massage techniques and strokes as well as proper body mechanics to avoid injury and make the massage enjoyable for both the giver and receiver. This is a free lecture but space is limited and reservations are recommended. About the presenter: This lecture series is presented by Mary East, a CMT and NCBMTB accredited massage therapist, who is the massage therapist at Umai Health Center in Vienna, Va. This is a FREE lecture. Registration is preferred.

Location: CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
442485-A1	4/18	1	M	10-11A	Adult	FREE

ON-GOING RECREATIONAL & DROP-IN PROGRAMS

Call 703-255-6360 for details on the following drop-in programs:



- Dominoes
- Canasta
- Mah jongg
- Pickleball

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.

NO TABLE TENNIS 5/30

BRIDGING THE GAP IN TECHNOLOGY

First Wednesdays 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**.

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.

Contact group coordinator for meeting location.

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 at 10:30 a.m.- 2:00 p.m. for bridge. There are refreshments and a lunch break at about noon.

TAI CHI CHUAN DROP-IN

Vienna Volunteer Fire Department

Beginner: Wednesday 7:15 a.m.-8:15 a.m.

Intermediate: Tuesday/Thursday/Friday 7:15 a.m.-8:15 a.m.

Tai Chi Chuan 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 present in every motion. All patterns and movements are composed of circles, arcs, curves, and spirals of all sizes, going in all directions. Tai Chi Chuan 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.

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

PRSR STD
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**TOWN OF VIENNA RESIDENT
VIENNA, VIRGINIA**

FAMILY FISHING RODEO

SATURDAY, APRIL 23

**Time Slots: 10:00 a.m.; 10:30 a.m.; 11:00 a.m. ;
11:30 a.m. ; 12:00 a.m.; 12:30 a.m.**

Pre-registration required — a limit of 6 tickets per household

\$3.00 per ticket



Tickets will go on sale March 19th for in-town residents from 10:00 a.m. to 2:00 p.m. at the Freeman store and Museum 131 Church Street NE, Vienna, VA 22180. All remaining tickets go on sale March 21st at 8:00 a.m. at 262 M SE, Vienna VA, 22180.

All participants over the age of 18 must possess a fishing license. You can purchase one through the link for the Virginia Department of Gaming and Inland Fisheries.

<https://dgiflicense.virginiainteractive.org/>

Join us at Wolftrap Creek for a fishing rodeo for all ages! The stream will be stocked with trout. Bring your fishing pole and we will supply the bait! Fishing poles will be available on-site to borrow (*limited quantity*). Catch a tagged fish and receive a gift card from a local merchant!!

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**See Page 15 for GARDEN FAIRE
Saturday, May 7th**