Fall 2019
Registration Dates:
Residents: August 12; Non-Residents: August 19
Register Online at www.fallschurchva.gov/recreation
**Farmers Market**

OPEN YEAR ROUND!
Saturdays in City Hall Parking Lot,
300 Park Avenue
Now-December 28, 2019, 8am-Noon
January 4-March 28, 2020, 9am-Noon
Enjoy fresh fruit, vegetables, flowers and more!

**26th Annual Farm Day**

Saturday, October 12, 10am-3pm
Cherry Hill Park, 312 Park Avenue
Enjoy hayrides, pony rides, a petting farm, scarecrow making, pumpkin painting, blacksmithing and more. For scarecrows please bring a long sleeved shirt, long pants and an old pair of pantyhose. For more information call 703-248-5171.

**Halloween Carnival**

Saturday, October 26, 3:00-4:30pm Infants to Kindergarteners, 4:30pm-6:00pm 1st to 5th Graders
$2 per person, Infants free
Come enjoy a spooktacular family fun event at The Falls Church Community Center (223 Little Falls St.). Tons of games, candy, face painting and more! Reptiles Alive will be sharing a few of their favorite reptiles during both sessions.

**Sunset Cinema**

Friday evenings, September 20, 27, and October 4 8:00pm or dusk at Cherry Hill Park
Bring the whole family out to enjoy a free movie on the big screen in Historic Cherry Hill Park. All you need is a blanket and bug spray. Popcorn, candy and drinks will be available for purchase.
Cast your vote for the 3rd movie online at www.fallschurchva.gov/sunsetcinema

**Veterans Day Ceremony**

Join us in honoring our Military Veterans on Monday, November 11 at 11am.
Falls Church Veterans Memorial
223 Little Falls St.,
Falls Church VA, 22046

**44th Annual Falls Church Festival**

Saturday, September 14, 10am-4pm
Cherry Hill Park, 312 Park Avenue
Come out and grab a taste from one of Falls Church’s local restaurants, enjoy live entertainment, children’s activities, amusement rides and more!

**27th Annual Holiday Gift & Craft Show**

Saturday, December 7, 9am-4pm
Sunday, December 8, 11am-4pm
Falls Church Community Center, 223 Little Falls St.
There’s something for everyone! Enjoy over 50 juried crafters and merchants showcasing their spectacular items. Kids can create their own crafts and have a meal with Santa (registration
Falls Church Community Center, Kenneth R. Burnett Building
Hours of Operation
Monday-Thursday: 8am-10pm
Friday: 8am-11pm
Saturday: 8:30am-11pm
Sunday: 2-6pm (April-December)
12-6pm (January-March)

Community Center Holiday Schedule
The building will be closed August 24-September 2.
However, customer service staff will be available August 24 through September 1.
The building will also be closed November 28, December 25 and January 1. The building will close at 5pm on December 24 & 31.

Hobby Class Holiday Schedule
Classes will not be held on City-observed legal holidays unless otherwise noted. No classes held October 14, November 11, November 28-December, and December 7-8.

Teen Gym Time
Ages 13-19 only: Friday and Saturday, 7-11pm

Adult Gym Time
Ages 19 and over only: Monday, 8-11pm.
Subject to gym availability.

Phone Numbers
Recreation & Parks Department Office......703-248-5077
Falls Church Community Center.............703-248-5027
Falls Church Senior Center....................703-248-5020
Teen Center Office.................................703-248-5027
Cherry Hill Farmhouse............................703-248-5077
Fax ......................................................703-536-8150
Open Gym.............................................703-248-5077
Inclement Weather Hotline.....................703-248-5077

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Recreation & Parks Staff
Daniel J. Schlitt, Director
Amy Youngs, Hobby Class Coordinator, Deputy Director
Jimmy Ruby, Sports Coordinator, Program Supervisor
LaShawn Timmons, Teen and Camp Coordinator, Program Supervisor
Scarlett Williams, Special Events, Program Supervisor
Tracy Browand, Senior Center Coordinator, Senior Recreation Specialist
Corey Jannicelli, Cherry Hill Farmhouse Coordinator, Recreation Specialist
Taylor Ford, Recreation Specialist
Vacant, Senior Administrative Assistant
Lisa Reid, Administrative Assistant
Howard Herman, Farmers’ Market Manager
Cassie Holloway, Preschool Teacher
Mike Noyes, Crew Leader, Parks and Landscape Maintenance
Juan Salguero, Building Maintenance Worker
William Kargbo, Building Maintenance Worker
Heeyong Lim, Building Maintenance Worker
Raul Chafloque, Landscape Maintenance Worker
Charlie Buettner, Landscape Maintenance Worker

Advisory Board of Recreation and Parks
Charles O’Hara, Chair
Kathryn Chandler, Vice Chair
Bill Brew
Justin Castillo, School Board Representative
Letty Hardi, City Council Liaison
Kim Hicks
Melissa Teates, Planning Commission Representative
Leslie Rye
Cherry Hill Farmhouse

312 Park Avenue
703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts several special events, educational workshops, and seasonal programs annually. It is also available to rent for special occasions.

Cherry Hill Farmhouse was completed in 1845. The well-preserved house is an excellent example of a Greek Revival Style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus primarily on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold the produce he grew on the premises at the Centre Market in Washington, D.C. Mr. Blaisdell successfully managed the farm through the Civil War. The City of Falls Church now owns and operates the Cherry Hill Farmhouse Museum, and its remaining property, known today as Cherry Hill Park. The household furnishings and antique tool collection in the Barn are owned by the Friends of Cherry Hill Foundation, Inc.

Today, reenactments, concerts, readings, lectures, workshops, teas, and private events take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops, and school children by calling 703-248-5171. The house is open to the public Tuesday through Friday between the hours of 9am and 3pm. April through October the house is also open on Saturdays from 10am-12noon. We strongly encourage all visitors to call ahead to ensure tour availability, 703-248-5171.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated gathering. For larger parties, the outside grounds can be used and a tent is recommended. Reservations may be made through the Recreation and Parks Department at 703-248-5027. For more information on any scheduled events, rental information, and availability of the Cherry Hill Farmhouse, please call 703-248-5171.

Girl Scout Day – Making Games
Brownies – Scouts will tour the farmhouse, complete a scavenger hunt, and learn a variety of parlor games. Girls will create their own parlor games and invent a sport using Victorian era toys. This program fulfills all badge requirements.
Sat: 9/21 1-3pm
POS .0480 R: $10 / NR: $10
Instructor: Corey Jannicelli
Location: Cherry Hill Farmhouse
Email cjannicelli@fallschurchva.gov for more information.

Home School Program: Life on a 19th Century Farm 5 & up
Children will tour the farmhouse and barn to learn how technology of the day made life easier for the 19th century farmer. Hands-on activities include identify tools a housewife would have used in her kitchen, those a farmer would have used in his barn. Register youth only. Adults are free.
Wed: 9/25 10-11:30am
121030-A R: $5 / NR: $5
Instructor: Corey Jannicelli
Location: Cherry Hill Farmhouse

Farm Day All Ages
Enjoy a day of old fashioned fun and activities for the whole family, including: horse drawn hayrides, petting farm, pony rides, pumpkin painting, scare crow making (bring your own long pants and a sleeved shirt), live music, tours of the farmhouse and barn, blacksmith demonstrations, and food.
Sat: 10/12 10am–3pm
Free Admission, fee for some activities.
Location: Cherry Hill Farmhouse & Park
Email cjannicelli@fallschurchva.gov for more information.

Halloween Literary Evening
Join us for an evening of Edgar Allen Poe, known for his tales of mystery and the macabre. Hosted by the Victorian Society at Falls Church, this Program is designed for adults
**Reservations required**
Fri: 10/25 8pm
See information below R: $5 / NR: $5
Location: Cherry Hill Farmhouse
Email cjannicelli@fallschurchva.gov or call 703-248-5171 for more information and reservations.
Girl Scout Day – Playing the Past
Junior Scouts will learn about a girl’s life in the 1800s as they tour the farmhouse and listen to the oral histories of past occupants. Girls will have the chance to get into character trying on period clothes, writing with quill pens, making butter and playing parlor games. This program fulfills all badge requirements.
Sat: 11/9  1-3pm
POS .0481  R: $10 / NR: $10
Instructor: Corey Jannicelli
Location: Cherry Hill Farmhouse & Community Center
Email cjannicelli@fallschurcva.gov for more information.

A Very Victorian Christmas
Start your Christmas Season off with a visit to Cherry Hill Farmhouse to see how Christmas was celebrated during the Civil War. Costumed re-enactors welcome friends, neighbors, and soldiers who gather for some holiday cheer in the midst of the conflict. Period decorations, music, holiday stories, and children’s activities are all part of the festivities.
Sat: 11/30  10am–2pm
Free Admission
Location: Cherry Hill Farmhouse
Email cjannicelli@fallschurcva.gov for more information.

Children’s Holiday Shoppe
This fun annual event is an opportunity for children to purchase inexpensive gifts for their family members with help from volunteers. All gifts are $6 or less and gift wrapped for free. Hosted by the Friends of Cherry Hill Foundation.
Sat: 12/7  10am–2pm
Location: Cherry Hill Farmhouse
Email cjannicelli@fallschurcva.gov for more information.

Holiday Tea  All Ages
Enjoy a special holiday tea and talk at the historic farmhouse. The house will be decorated in mid-19th century period décor and will include a tree. The talk will be presented by the 1858 mistress of Cherry Hill. As always, the tea consists of tea sandwiches, assorted sweets, warm scones and a bottomless cup of tea. Hosted by the Friends of Cherry Hill Foundation.
***Reservations are Required***
Sat: 12/14  2-4pm
131501-A  R: $33 / NR: $33
Sun: 12/15  2-4pm
131501-B  R: $33 / NR: $33
Location: Cherry Hill Farmhouse
Please direct questions to the Cherry Hill Farmhouse at cjannicelli@fallschurcva.gov but enroll through the Recreation and Parks Department.

SCHOOL BREAK PROGRAMS

Autumn Cupcake Wars 6-12 years
If words like “Pumpkin”, “Cinnamon”, “Apple Cider” and “Spiced” bring you warm, cozy feelings, than this is the camp for you! In this two-day camp, our Tiny Chefs will make some of our favorite Fall season cupcake recipes.
Mon/Tue: 11/4-11/5  9am-3pm
181420-A  R: $180 / NR: $200
Instructor: Tiny Chefs
Location: Teen Center

The Art of Cupcakes 6-10 years
If you have an avid baker at home, the Art of Cupcakes is what they have been waiting for! We will be decorating cupcakes into unique and artful creations all day long!
Mon: 12/23  8:30am-4:30pm
181423-A  R: $99 / NR: $119
Instructor: Tiny Chefs
Location: Art Room

Lego Robotics Bot vs Bot 6-12 years
You’ll build and program Sumo wrestling bots, bots that play ball, and bots that compete in a demolition derby!
Thu/Fri: 12/26  9am-5pm
181424-A  R: $179 / NR: $199
Instructor: Silver Knights Enrichment
Location: Art Room

Chopped! 6-10 years
Campers will be presented with secret ingredients, reflecting cuisines from different countries!
Mon/Tues: 12/30-12/31  8:30am-4:30pm
181425-A  R: $198 / NR: $218
Instructor: Tiny Chefs
Location: Art Room

LEGO Robotics Extreme Machines 6-12 years
Build and program robots that get the job done! Build over-the-top vehicles and real-world engineering marvels in this fun camp!
Mon/Tue: 12/30-12/31  9am-5pm
181427-A  R: $179 / NR: $199
Instructor: Silver Knights Enrichment
Location: Community Room

WeDo Wild Safari 6-12 years
Build and code swinging monkeys, fierce Silverback gorillas, cute Koalas and more robots that climb, move, bite and roll.
Thu/Fri: 1/2-1/3  9am-5pm
181428-A  R: $179 / NR: $199
Instructor: Silver Knights Enrichment
Location: Community Room

Science Wonderland 6-12 years
This camp will have a daily combination of in-class discovery and exploration, outdoor learning and games, and hands-on experimentation.
Thu/Fri: 1/2-1/3  9am-5pm
181429-A  R: $198 / NR: $218
Instructor: iSchool for the Future
Location: Art Room
Preschool Program 3-5 years (See birthdates below)

Our preschool program focuses on fun and positive learning experiences that will prepare students for future elementary school study. Students develop social, physical and cognitive skills through interactive, hands-on experiences. Early Childhood teaching is often theme-based and always age-appropriate. Students participate in several activities daily that will promote the development of fine and gross motor skills, mathematical thinking and literacy skills. Our qualified staff and small class ratio makes a safe program for everyone. Our program is licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required one week prior to the first day of class and must be turned in directly to the Preschool Director.

Location: Preschool Room

Fall 2019
JUNIORS
Tue/Thu: 9/10-12/19* 9am-12pm
111001-I  R: $730 / NR: $750
*No class dates 11/28

SENIORS
(Born October 1, 2014 – September 30, 2015)
Mon/Wed/Fri: 9/9-12/20* 9am-12pm
111002-I  R: $1,060 / NR: $1,080
*No class dates 10/14, 11/11, 11/29

Winter/Spring 2020
JUNIORS
(Born September 4, 2015 – September 30, 2016)
Tue/Thu: 1/7-5/21* 9am-12pm
211001-J  R: $960 / NR: $980
*No class dates 4/7, 4/9

SENIORS
(Born October 1, 2014 – September 30, 2015)
Mon/Wed/Fri: 1/6-5/22* 9am-12pm
211002-J  R: $1,386 / NR: $1,406
*No class dates 1/20, 2/17, 4/6, 4/8, 4/10, 5/25

Kindergarten Readiness 4-5 years
(Born October 1, 2014 – September 30, 2015)
This program will offer your child the opportunity to socialize with children entering Kindergarten in September 2020. Your child will be able to enhance and strengthen his or her independent learning abilities in a productive and positive classroom environment. Over and above the preschool program guidelines, your child will also have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking and creative skills. This class will also initiate beginning writing, reading and conversational skills. Children must be potty-trained. Proof of age via a birth certificate and your child’s physical and immunization report will be required on the first day of the program. All paperwork must be turned in one week prior to the first day of class.

Location: Preschool Room

Fall 2019
Tue/Thu: 9/10-12/19* 1-4pm
111004-I  R: $730 / NR: $750
*No class dates 11/28

Winter/Spring 2020
Tue/Thu: 1/7-5/21* 1-4pm
211003-J  R: $960 / NR: $980
*No class dates 4/7, 4/9

Preschool enrolling in the Fall session can enroll in the Winter/Spring session by placing a non-refundable $100 deposit. The Winter/Spring balance is due December 1, 2019.

Register today!

TOT Time
Bring your preschoolers and watch them climb through tunnels, ride tricycles, and interact with peers. All equipment is provided including tricycles. No strollers or food in the gym. Dates subject to change. Visit www.FallsChurchVA.gov/OpenGym for an updated schedule. This program is not held when special events are in the gym or if the Community Center is closed for a holiday.

Dates: Fridays 9/16-11/22
Location: Gym
Fee: $1 per child

Register today!
**Dance Yoga Tots 3-5 years**  
Dance Yoga Tots is a fun way for tots to learn yoga. It consists of a fusion of dance, music, rhythmic flow balance, fluid body movement and art. You'll see improvement in form, flexibility, skill, teamwork and focus. You'll also see tots transform into more motivated, confident, empowered yogis! The session will conclude with a dynamic performance for family and friends on the last day of class.

**Enrollment Dates and Costs:**  
Tue: 9/24-10/29 10-10:45am  
110217-A R: $90 / NR: $110  
Thu: 9/26-10/31 10-10:45am  
110217-B R: $90 / NR: $110  
Tue: 11/12-12/17 10-10:45am  
110217-C R: $90 / NR: $110  
Thu: 11/7-12/19 10-10:45am  
110217-D R: $90 / NR: $110

*No class dates: 11/28
Instructor: Etheric Realms
Location: Dance-Left

**Adrenaline Tumbling 5-11 years**  
Our tumblers will learn tumbling basics, flexibility and beginning/intermediate level skills such as rolls, cartwheels and back bends. Core strength and balance are incorporated to build strength and coordination. Students will improve on their gymnastics skills, balance and increase strength through movement exercises while having a great time! Comfortable loose clothing and bare feet are recommended.

**Enrollment Dates and Costs:**  
Wed: 9/18-12/18 6:15-7:15pm  
120410-A R: $209 / NR: $229  
Instructor: Adrenaline Staff
Location: Community Room

**Chess Club 5-13 years**  
Learn chess from a Silver Knights Chess coach! We teach more than 4,000 children each week. State and national champions have come from our programs, but most of our students are just looking to have fun! Class time is split between lesson and play. Lessons range from learning the rules to advanced tournament strategies, depending on the children. Play time is structured to pair each student against an opponent of similar skill. All grades and skill levels are welcome. Silver Knights will supply all the equipment during chess club. Students will have the opportunity to play in tournaments.

**Enrollment Dates and Costs:**  
Tue: 10/1-11/26* 5:30-6:30pm  
120785-A R: $143 / NR: $163

*No class dates 11/5
Instructor: Silver Knights Enrichment
Location: Community Room

**Breakfast for Dinner 5-14 years**  
Turn your favorite breakfast dishes into the main event as dinner options. How about a cheddar-chive frittata with fresh salsa? Or brunch pasta with bacon and eggs? Maybe you’d prefer a more traditional French toast, dressed up with bananas and blueberries? Any way you slice it your little chef will love tucking into these comforting breakfast classics.

**Enrollment Dates and Costs:**  
Ages 5-10
Thu: 9/19-11/21* 5:30-6:30pm  
120307-A R: $225 / NR: $245

Ages 11-14
Thu: 9/19-11/21* 4-5pm  
120307-B R: $225 / NR: $245

*No class dates 10/31
Instructor: Tiny Chefs
Location: Art Room

**Hip-Hop Dance Yogi Girlz 6-11 years**  
Hip-Hop Dance Yoga consists of a fusion of hip-hop dance, music, rhythmic flow balance, fluid body movement and art. You'll see improvement in form, flexibility, awareness of breath, skill and focus, which is especially good for gymnasts, dancers and athletes. You'll also see girls transform into a more motivated, confident, empowered yogi! The session will conclude with a dynamic performance for family and friends on the last day of class.

**Enrollment Dates and Costs:**  
Sat: 9/21-11/16 9-10am  
120232-A R: $225 / NR: $245

Instructor: Etheric Realms
Location: Dance-Right

**Adrenaline Cheer Stars 6-12 years**  
Our cheer class is designed to teach basic to advanced concepts of cheer. We will work on motions and jump technique, stunting basics and cheer dances! All of our cheerleaders will gain strength, performance techniques and improve on their showmanship! Whether you are new to cheerleading or building on your foundation; we will help you to be your best! This class will conclude with an in-class showcase on the final day.

**Enrollment Dates and Costs:**  
Thu: 9/19-12/19* 6:15-7:15pm  
120411-A R: $189 / NR: $189

*No class dates 10/31, 11/28
Instructor: Adrenaline Staff
Location: Community Room

**Wednesday Early Release 8-11 years**  
Join us Wednesdays during the school year where we will keep your kids active and engaged with a variety of sport activities. Transportation provided by Baroody Camps from Thomas Jefferson Elementary School to the Community Center. Parents pick up at Community Center at 4pm. Children must be in grades 3-5 to participate.

**Enrollment Dates and Costs:**  
Wed: 9/18-12/11* 1:45-4pm  
120700-B R: $475 / NR: $495

*No class dates 10/16, 11/6, 11/27
Instructor: Adrenaline Staff
Location: 1/2 Gym Back Door
Mindfulness for Children
8-12 years
This is a secular mindfulness program using simple mindfulness practices to teach children to pay attention. This way of paying attention enhances both academic and social emotional learning. Children can benefit from learning how to focus their attention, calm down, and become less reactive and more compassionate with themselves and others. This step-by-step program will introduce 5 mindfulness practices: Mindful Listening, Mindful Snacking, Mindful Breathing, Mindful Pebble Painting and Mindful Walking. It also includes sharing and reflecting on ways to recognizing feelings and emotions and ways to deal with difficult emotions.

Mon: 9/23-11/25* 4:30-5:30pm
120790-A  R: $80 / NR: $100
*No class dates 10/7, 10/14, 11/11
Instructor: Caroline Wu Beloe
Location: Art Room

Mindfulness for Teens
13-18 years
This is a fun, engaging and useful mindfulness course for teens. This 9-session course has been evaluated positively by the University of Cambridge and Oxford Brookes. It is designed to improve concentration and strengthen resilience. It gives teens a lifelong toolkit to deal with anxiety and to manage their thoughts, feelings and impulses more effectively. Each session includes an introduction, discussion and mindfulness practice. Student will learn mindful eating, mindful movement, deep relaxation, mindfulness meditation. Caroline is a mindfulness teacher certified by Mindfulness in School Project. Please note this is not a therapy class.

Fri: 9/20-11/15  4-5pm
120792-A  R: $90 / NR: $110
Instructor: Caroline Wu Beloe
Location: Art Room

Youth Basketball Training
6-13 years
With participation in our programs, players will become more confident physically, mentally and socially. We will help players improve his/her shooting, ball handling, defense and rebounding while having fun in a non-threatening yet competitive environment. Players will work together and compete while they have fun playing basketball related games like Knockout, Dribble War and Sharks and Minnows. Kids will also play age appropriate half court games.

Basketball Ages 6-8
Tue: 9/24-12/3* 4:30-5:15pm
120907-A  R: $100 / NR: $120

Basketball Ages 9-13
Tue: 9/24-12/3* 5:15-6pm
120907-B  R: $100 / NR: $120
*No class dates 11/5
Instructor: Baroody Camps
Location: 1/2 Gym Back Door

Creative Age Theatre Workshop
55 & up
Students will spend each class reading scenes from published classic and contemporary plays and discussing themes and personal connections to the scripts. This class is perfect for theatre lovers, literature enthusiasts, and anyone eager to learn and to connect with old and new friends.

Mon: 9/16-11/18* 10:30-11:30am
160705-A  R: $150 / NR: $170
*No class dates 10/14, 11/11
Instructor: Educational Theatre Company
Location: Art Room

15th Annual Run
for the Schools
5K Race or 1 Mile Fun Run/Walk
Sunday, 8am
September 15, 2019
Join 800+ runners and walkers to support the Falls Church Education Foundation and FCCPS. The 5K run/1 mile walk is during Fall Festival weekend and is a USATF Certified course that winds through the tree lined streets of historic Falls Church City, a mix of hills and flat stretches. The Start/Finish is at 300 Block of Park Avenue.

Advanced Race timing, Cash and Equipment Prizes for top runners and teams, Performance T-shirts, Post-Race Family and Awards Party and more!

For more information and to register please visit: www.fcedf.org/runfortheschools Proceeds will benefit the Falls Church Education Foundation, a 501(c)3 organization, and the Falls Church City Public Schools.
Twoosy Doodlers
20 months-3 years
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 moms and helpers get to play too.

Pre-K for Artistic drawing with Young Rembrandts
3.5-5 years
Encourage your preschooler’s enthusiasm for art. This fall, Young Rembrandts introduces drawing lessons that will excite your budding artist. A vibrant drawing of a rainbow will introduce our students to the wonderful world of color. An illustration of an airplane will take them to new heights. A delicious-looking drawing of an ice cream sundae will delight those with a sweet tooth, and learning to draw a friendly lion has never been more fun. These are just a few of the many great lessons our students will learn. There’s no better time than NOW to enroll your child into a Young Rembrandts class!

Mini Doodlers 3-6 years
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.

K-6 Cartooning with Young Rembrandts
5-10 years
Does your child have a great sense of humor to compliment his or her artistic skills? If so, your child will LOVE a Young Rembrandts Cartoon class. We’ll get the party started with our drawing of lively, party animals. Ordinary, school items are brought to life as we illustrate and personify inanimate objects. Another challenging lesson will help our students visualize sounds, and what’s a cartooning class without learning how to draw expressions? Many of our lessons will introduce students to drawing exciting, dynamic characters. Give your child the gift of learning and artistry. Enroll your student today!

K-6 Artistic Drawing with Young Rembrandts
5-10 years
Back-to-school is in full swing at Young Rembrandts, as we present drawing lessons that encompass a fascinating world of color, pattern, and design. Students will strengthen their marker rendering skills as they draw a detailed gumball machine. A drawing of a sandwich will make them hunger for more art. We’ll travel back in time to the age of the pharaohs as we illustrate a decorative, Egyptian headdress. An illustration celebrating the fall season will introduce our colorists to warm and cool colors. All this and more await your child in a Young Rembrandts classroom! Sign up today!

Kids on Canvas 6-12 years
Grab a paintbrush and jump right in for a colorful “Kids on Canvas” adventure! Use acrylic paint to explore traditional painting subjects such as the figure, landscape, and still life— with a fresh Abrakadoodle twist.

Sculpt It 6-12 years
Learn to sculpt using wire, wood, clay, aluminum, plastic, string and/or paper. We’ll mold, bend, twist, stretch, balance while we design each three-dimensional creation. Learn about a variety of amazing artists while creating 3D artworks that are dynamic, creative and fun!
Engineering with LEGO Duplo 4-5 years
Powered by LEGO® DUPLO® Education, our Preschool Lego Robotics class combines creativity and engineering with playful learning experiences. Students build teamwork while engaging in hands-on stories and activities that help them learn about counting, patterns, and more! Kids build from their imagination and use scenarios to learn basic problem solving and communication skills. Do you have a young builder excited to learn? Take our class today!

Tue: 10/8-10/29 5:30-6:30pm
110705-A R: $99 / NR: $119
Instructor: C3 Cyber Club
Location: Teen Center

Preschool Lego Duplo STEAM 4-5 years
Young students are getting the grasp of how life works and get to go through all the excitement and wonder of learning! In this class, students will have animated and friendly sessions where they work closely with energetic teachers and curious classmates in order to create many unique and silly projects, read hilarious yet informative books, and cooperate to accomplish many scientific tasks.

Sat: 10/5-11/9 11:30am-12:30pm
110706-A R: $139 / NR: $159
Instructor: C3 Cyber Club
Location: Community Room

Jr Weebotics with Parent 4-6 years
Students dive into robotics, programming logic, and structural design. Using pulleys, levers, and sensors to construct snapping alligators and spinning robots, then program them using visual drag-and-drop software. Students build a strong foundation of coding and robotics skills for their tech future.

Sun: 10/6-11/10 2:30-3:45pm
110718-A R: $154 / NR: $174
Instructor: Digital Kidz
Location: Art Room

Robotics with Parent 5-7 years
After mastering the skills in Weebotics, students are ready to take it to the next level! In this Digital Kidz Mindstorms robotics course, students learn programming basics with an emphasis on exploration and trial and error. With the help of Mom or Dad, our guided instruction allows younger kids to understand more complicated programming and engineering techniques. Students should have taken Weebotics or have equivalent computer and LEGO building skills.

Sun: 10/6-11/10 4:5-5:15pm
120701-A R: $154 / NR: $174
Instructor: Digital Kidz
Location: Art Room

Robotics Club 6-12 years
In Robotics Club, we build, code, and have fun with LEGO® WeDo 2.0, a hands-on activity that combines LEGO® bricks, kid-friendly software, and engaging projects which inspire kids to explore the world of robotics! ZooBots is a unit filled with animal bots that roll, waddle, walk and talk. Create the penguin on your first day of the club and progress to crocodiles, mudskippers, and gorillas. Each week students make something new and learn how gears, simple machines and LEGO code work together to make something FUN!

Wed: 10/2-11/20 5:30-6:30pm
120747-A R: $218 / NR: $238
Instructor: Silver Knights Enrichment
Location: Senior Center-Left

Minecraft Modding 6-14 years
In this class, students will learn how to create their own custom gameplay items and elements using MCreator and Minecraft. Students will learn how to create artwork for various items, and implement them into the game with custom behaviors. Design your own custom blocks, weapons, food, biomes and more! Does your child spend hours at a time playing Minecraft? Have them learn how to improve their gameplay experience, and create your own custom mods to take home today!

Ages 6-9
Sat: 10/5-11/9 9-10am
120716-A R: $139 / NR: $159

Ages 10-14
Sat: 10/5-11/9 10:15-11:15am
120716-B R: $139 / NR: $159
Instructor: C3 Cyber Club
Location: Community Room

Coding and Design Games with Scratch 6-9 years
Introduce your child to the wonderful world of programming! In this class, students will learn basic programming concepts using a simple drag-and-drop interface within the software Scratch, a project developed by the MIT Media Lab. Students will use their imaginations and implement creative thinking, while at the same time learning how to create and program simple games. Use pre made art assets or create your own, and learn how to program them, to walk, talk, and interact with objects. Teach students logic and visual programming in order to create simple, 2D Video Game in Scratch 2.

Tue: 9/24-10/29 6:45-7:45pm
120708-A R: $139 / NR: $159
Instructor: C3 Cyber Club
Location: Teen Center
Coding Club 7-12 years

In Silver Knights Coding Club, children learn to create stories, games, and animations using a visual programming language called Scratch. It’s as easy to use as snapping together building blocks! With Scratch, children learn to think creatively, work collaboratively, and reason systematically. Scratch is designed and maintained by the Lifelong Kindergarten group at the MIT Media Lab. In our Digital Animation unit, kids will create their own art, animations and adventures by using all of the Scratch 3 digital tools to make fractured fairy tales, choose-your-own adventure stories, and quiz games. Use the Silver Knights Curriculum to learn how to code and then take it to the next level with art and animated add-ons, avatars and end credits. What’s your story?

Thu: 9/26-11/21  5:30-6:30pm
120746-A   R: $218 / NR: $238

*No class dates 10/31
Instructor: Silver Knights Enrichment
Location: Senior Center-Left

Sunset CINEMA
IN CHERRY HILL PARK

FREE MOVIES • FRIDAYS AT 7:45PM

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OCTOBER 4: VIEWERS’ CHOICE

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WWW.FALLSCHURCHVA.GOV/SUNSETCINEMA

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The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703-244-2377 (TTY 711).
Music Classes

Music Together
Birth to 5 years
Music Together, an internationally-recognized music and movement program, engages early childhood music development for infant, toddler and preschool children and their parents and other primary caregivers through mixed-aged classes. It pioneered the concept of a research-based, developmentally-appropriate early childhood music curriculum that strongly emphasizes and facilitates adult involvement and, it's fun! The Music Together approach develops every child’s birthright of basic music competence by encouraging the actual experiencing of music through playful activities rather than the learning of concepts or information about music. A sibling discount is available for a younger sibling, 10 months or older. Learn more at littlestepsmusic.com.

Sun: 9/15-12/15* 4:45-5:30pm
110608-1
R: $226 / NR: $246
Sun: 9/15-12/15* 5:30-6:15pm
110608-2
R: $226 / NR: $246
Mon: 9/16-12/16* 9:15-10am
110608-A
R: $244 / NR: $264
Mon: 9/16-12/16* 10:15-11am
110608-B
R: $244 / NR: $264
Tue: 9/17-12/10* 9:15-10am
110608-D
R: $264 / NR: $284
Tue: 9/17-12/10* 10:15-11am
110608-E
R: $264 / NR: $284
Tue: 9/17-12/10* 11:15-12pm
110608-F
R: $264 / NR: $284
Wed: 9/18-12/11* 9:15-10am
110608-G
R: $264 / NR: $284
Wed: 9/18-12/11* 10:15-11am
110608-H
R: $264 / NR: $284
Wed: 9/18-12/11* 11:15am-12pm
110608-I
R: $264 / NR: $284

*No class dates 10/20, 11/3, 12/1, 12/8, 10/14, 11/4, 11/11, 11/5, 11/6
Instructor: Little Steps Music, LLC
Location: Community Room

Private Piano/Voice Lessons 5 & up
Interested in developing vocal talent? Work one on one with a vocal coach or beginner to intermediate level piano. Sharon Sloane-Hornseth has a Bachelors of Fine Arts in Music, with an emphasis in vocal performance, from Carnegie-Mellon University in Pittsburgh, PA and a Master of Music Education, with a focus on vocal performance, from George Mason University. Basic voice training exercises will be used as well as classical, Broadway or contemporary music selections. Student is responsible for purchasing a music book. For additional information, please email Sharon at ahorn1@verizon.net.

Thu: 9/19-10/10 6-6:30pm
130701-A
R: $160 / NR: $180
Thu: 9/19-10/10 6:30-7pm
130701-B
R: $160 / NR: $180
Thu: 9/19-10/10 7-7:30pm
130701-C
R: $160 / NR: $180
Thu: 9/19-10/10 7:30-8pm
130701-D
R: $160 / NR: $180
Sat: 9/21-10/12 9-9:30am
130701-F
R: $160 / NR: $180
Sat: 9/21-10/12 9:30-10am
130701-G
R: $160 / NR: $180
Sat: 9/21-10/12 10-10:30am
130701-H
R: $160 / NR: $180
Sat: 9/21-10/12 10:30-11am
130701-I
R: $160 / NR: $180
Sat: 9/21-10/12 11-11:30am
130701-J
R: $160 / NR: $180
Sat: 9/21-10/12 11:30am-12pm
130701-K
R: $160 / NR: $180

*No class dates 10/20, 11/3, 12/1, 12/8, 10/14, 11/4, 11/11, 11/5, 11/6
Instructor: Dream In Color
Location: Preschool Room
Preschool Dance A 2-3 years
All Dancers Must Meet the class age requirement by September 30, 2019.
A cheerful introduction to dance, movement, and expression for 2-3 year olds in a nurturing, playful, creative environment. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination, and rhythm. Parents or guardians must stay on premises but not in the classroom, unless requested by the instructor. Recommend ballet shoes.

Mon: 9/16-12/9* 9:30-10am
110202-A R: $88 / NR: $108
110202-B R: $96 / NR: $116
110202-C R: $96 / NR: $116
Wed: 9/18-12/11* 4:15-4:45pm
110202-D R: $96 / NR: $116
Instructor: Every Body Dance

Location: Dance-Right

*No class dates 10/14, 11/11, 11/5, 11/27, 11/30, 12/7

Dance & Prance 2-3 years
Come join the dance party! This joyful class gives boys and girls, ages 2 and 3, the chance to dance and play movement games with fun music and props. We conclude with a brief story time related to the theme of the class. One adult per child attends class.

Mon: 9/16-12/2* 10:30-11:10am
110215-A R: $180 / NR: $200
*No class dates 10/14, 11/11
Instructor: Go Bananas Dancing
Location: Dance-Left

Preschool Dance B – Every Body Dance 3-4 years
All Dancers Must Meet the class age requirement by September 30, 2019.
A cheerful introduction to dance, movement, and expression for 3 to 4 year olds in a nurturing, playful, creative class structure. Students will focus on ballet and tap basics while improving coordination, flexibility, balance, rhythm and a love of dance. Parents or guardians must stay on premises but not in the classroom. Ballet shoes and tap shoes, (or “noisy” shoes such as dress shoes) are recommended.

Mon: 9/16-12/9 10-10:45am
110203-A R: $132 / NR: $152
Tue: 9/17-12/10* 10:30-11:15am
110203-B R: $144 / NR: $164
Wed: 9/18-12/11* 4:45-5:30pm
110203-C R: $144 / NR: $164
Instructor: Every Body Dance

Location: Dance-Right

Sat: 9/21-12/14* 11:30am-12:15pm
110203-D R: $132 / NR: $152
Instructor: Every Body Dance

Location: Dance-Right

*No class dates 10/14, 11/11, 11/5, 11/27, 11/30, 12/7

Preschool Dance B – Dream in Color 3-4 years
All Dancers Must Meet the class age requirement by September 30, 2019.
An introduction to dance, movement, and expression for 3 to 4 year olds. In Preschool B classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or “noisy” shoes are recommended.

Sat: 9/21-12/14* 9:30-10:15am
110203-F R: $145 / NR: $165
Sat: 9/21-12/14* 10:15-11am
110203-G R: $145 / NR: $165
*No class dates 11/30, 12/7
Instructor: Dream In Color
Location: Art Room

Dance Yoga Tots
3-5 years
Dance Yoga Tots is a fun way for tots to learn yoga. It consists of a fusion of dance, music, rhythmic flow balance, fluid body movement and art. You’ll see improvement in form, flexibility, skill, teamwork and focus. You’ll also see tots transform into more motivated, confident, empowered yogis! The session will conclude with a dynamic performance for family and friends on the last day of class.

Tue: 9/24-10/29 10-10:45am
110217-A R: $90 / NR: $110
110217-B R: $90 / NR: $110
110217-C R: $90 / NR: $110
Thu: 9/26-10/31 10-10:45am
110217-D R: $90 / NR: $110
*No class dates: 11/28
Instructor: Etheric Realms
Location: Dance-Left

Storybook Ballet 3-6 years
This ballet class will expose your little ballerina to many of the classical ballet stories such as Sleeping Beauty, Cinderella and The Nutcracker through literature, storytelling and music. Basic ballet concepts will be introduced to lay a positive technical foundation (i.e.: positions, plies, etc.). Students will enjoy being exposed to real ballet stories to create a love for this classical art form! This class will conclude with a in-class showcase on the last day of class.

Fri: 9/20-12/20* 10:45-11:30am
110221-A R: $189 / NR: $189
110221-B R: $189 / NR: $189
*No class dates 11/29
Instructor: Adrenaline Staff
Location: Dance-Left
Dance Classes

Preschool Dance C – Dream in Color 4-5 years
All Dancers Must Meet the class age requirement by September 30, 2019.
An introduction to dance, movement, and expression for 4 to 5 year olds. In Preschool C classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or “noisy” shoes are recommended.
Sat: 9/21-12/14* 11-11:45am
110204-F R: $145 / NR: $165
*No class dates 11/30, 12/9
Instructor: Dream In Color
Location: Art Room

Preschool Dance C – Every Body Dance 4-5 years
All Dancers Must Meet the class age requirement by September 30, 2019.
A cheerful introduction to dance, movement, and expression for 4 to 5 year olds in a nurturing, playful, creative class structure. Students will focus on ballet and tap basics while improving coordination, flexibility, balance, rhythm and a love of dance. Preschool C students begin to learn terminology and structure of a more formal dance class. Parents or guardians requested to stay on premises but not in the classroom. Ballet shoes and tap shoes, (or “noisy” shoes such as dress shoes) are recommended.
Mon: 9/16-12/9* 10:45-11:30am
110204-A R: $132 / NR: $152
Instructor: Every Body Dance
Mon: 9/16-12/9* 4:30-5:15pm
110204-B R: $132 / NR: $152
Instructor: Every Body Dance
Tue: 9/17-12/10* 11:15am-12pm
110204-C R: $144 / NR: $164
Wed: 9/18-12/11* 3:30-4:15pm
110204-D R: $144 / NR: $164
Instructor: Every Body Dance
Sat: 9/21-12/14* 12:15pm-1pm
110204-E R: $132 / NR: $152
Instructor: Every Body Dance
Location: Dance-Right
*No class dates 10/14, 11/11, 11/5, 11/27, 11/30, 12/7

Tap n’ Ballet 4-6 years
Give your dancer the opportunity to explore the beauty of Ballet and the joyful beats of Tap! Half of this class will be devoted to Tap dancing and the other half will be Ballet, all focusing on building the children’s rhythm and grace. Tap shoes are required.
Wed: 9/18-12/11* 3:15-4pm
120217-A R: $180 / NR: $200
*No class dates 10/16, 11/6, 11/27
Instructor: Go Bananas Dancing
Location: Dance-Right

Dance-Ability (Adaptive Movement for Dancers of Differing Abilities) 5 & up
A fun, inclusive, and adaptive movement class allowing dancers of differing abilities to explore and experience the joy of dance in a supportive and creative community. This class will introduce various styles of movement with a strong focus on creative and imaginative dance for students of all physical and cognitive abilities. Activities will stimulate gross and fine motor skills, social development, and sensory, visual, and auditory processing skills while encouraging exploration and self-expression through dance in an exciting and supportive environment.
Fri: 9/20, 10/18, 11/22, 12/13* 6-6:45pm
120203-A R: $64 / NR: $84
*Meetings on above dates ONLY
Instructor: EBD- Stem/O’Hara
Location: Dance-Right

Dance for Music Theatre 1 5-7 years
All dancers must meet the class age requirement by September 30, 2019.
Lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We’ll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence. With an emphasis on the use of expression and drama through movement, this upbeat class is sure to be a real hit!
Mon: 9/16-12/9* 5:15-6:00pm
120209-A R: $132 / NR: $152
*No class dates 10/14, 11/11
Instructor: EBD- Lemke
Location: Dance-Left

Ballet I – Dream in Color 5-7 years
All Dancers Must Meet the class age requirement by September 30, 2019.
This ballet class focuses on beginning ballet technique in a fun and encouraging environment. The primary goals of our Ballet 1 classes are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!
Sat: 9/21-12/14* 12-1pm
120208-B R: $145 / NR: $165
*No class dates 11/30, 12/7
Instructor: Dream In Color
Location: Art Room

Falls Church Recreation and Parks
**Ballet I – Every Body Dance** 5-8 years

All Dancers Must Meet the class age requirement by September 30, 2019. This ballet class focuses on beginning ballet technique in a fun and encouraging environment. A developmentally appropriate starting point (or continuation from preschool classes) for building the fundamentals of classical ballet, this class is the perfect balance of structured learning and creative expression. The primary goal of Ballet I is to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

- **Mon: 9/16-12/9** 5:45-6:30pm
  - 120208-A R: $132 / NR: $152
  - *No class dates 10/14, 11/11
  - **Instructor:** Miller – Every Body Dance
  - **Location:** Dance-Right

- **Fri: 9/20-12/13** 4:30-5:15pm
  - 120108-C R: $132/NR: $152
  - *No class Dates 11/29, 12/6
  - **Instructor:** TBD - Every Body Dance
  - **Location:** Dance-Right

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**Jazz/Adrenaline Hip Hop** 5-13 years

Our ADF hip hop dancers will learn the latest street dance technique, performance skills and confidence. Hip Hop is an ever-evolving style performed to current hip hop music. The Adrenaline Dance Force classes offer the ability to improve hip hop style, increase memory and improve balance by staying grounded and strong through upper and lower body movement. Adrenaline’s experienced staff brings excitement to this class with the latest hip hop moves and age appropriate music! This class will conclude with an in-class showcase on the final day.

- **Ages 5-8**
  - **Wed: 9/18-12/18** 5-6pm
    - 120249-A R: $209 / NR: $229
    - **Location:** Dance-Right

- **Ages 9-13**
  - **Mon: 9/16-12/16** 5:45-6:45pm
    - 120249-B R: $189 / NR: $209
    - **Location:** Community Room
    - *No class dates 10/14, 11/11
    - **Instructor:** Adrenaline Staff
Hip-Hop Dance Yogi Girlz
6-11 years
Hip-Hop Dance Yoga consists of a fusion of hip-hop dance, music, rhythmic flow, balance, fluid body movement and art. You'll see improvement in form, flexibility, awareness of breath, skill and focus, which is especially good for gymnasts, dancers and athletes. You'll also see girls transform into a more motivated, confident, empowered yogi! The session will conclude with a dynamic performance for family and friends on the last day of class.
Sat: 9/21-11/16 9-10am
120232-A R: $225 / NR: $245
Instructor: Etheric Realms
Location: Dance-Right

Tap n’ Ballet 7-9 years
In this class students will enjoy the upbeat rhythm of Tap and the graceful technique of Ballet! While focusing on the principles of these two popular dance forms, they will develop strength, poise and musicality. Tap shoes and Ballet shoes are required.
Wed: 9/18-12/11* 2:15-3pm
120217-B R: $180 / NR: $200
*No class dates 10/16, 11/6, 11/27
Instructor: Go Bananas Dancing
Location: Dance-Right

Jazz/Hip Hop 2 8-10 years
All dancers must meet the class age requirement by September 30, 2019.
High-energy jazz class with a hip-hop flair and music that gets kids dancing. This class teaches age-appropriate technique and fun moves that will light up the dance floor. A focus on building basic dance technique will improve balance, coordination, flexibility, and rhythm through “street jazz” elements and a variety of styles. Jazz shoes and dancewear or other form-fitting clothing required.
Thu: 9/19-12/12* 5-5:45pm
120259-A R: $132 / NR: $152
*No class dates 10/31, 11/28
Instructor: EBD- Samuel
Location: Dance-Right

Ballet 2/3 8-14 years
All Dancers Must Meet the class age requirement by September 30, 2019.
This ballet class for older students provides outstanding technical instruction in a positive and encouraging environment. Class is a structured, classical ballet class designed to build a love for this classic form of dance while helping students to feel successful, increase coordination, balance, musicality, and general health. Perfect for older beginners as well as students looking for the next step after our Level 1 classes. No experience necessary!
Thu: 9/19-12/12* 5:30-6:30pm
120261-A R: $176 / NR: $196
*No class dates 10/31, 11/28
Instructor: Every Body Dance- TBD
Location: Dance-Left

Dance for Musical Theater 2 8-10 years
Dancers must meet age requirement as of September 30, 2019.
Lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We’ll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence. With an emphasis on the use of expression and drama through movement, this upbeat class is sure to be a real hit!
Wed: 9/18-12/11* 5:45-6:30pm
120260-A R: $144 / NR: $164
*No class dates 11/27
Instructor: EBD- Weinhardt
Location: Dance-Left

Tap/Jazz 2/3
8-14 years
All dancers must meet the class age requirement by September 30, 2019.
A fun, upbeat combination class exploring the basic techniques of tap and jazz dance. In jazz, dancers will focus on jazz dance fundamentals, exploring many styles of jazz movement set to various genres of music. In tap, dancers will explore a variety of tap dance styles and focus on developing rhythm, style, and sound. Black tap shoes, tan jazz shoes, and proper dancewear required. No experience necessary!
Fri: 9/20-12/13* 6-6:45pm
120270-A R: $132 / NR: $152
*No class dates 11/29, 12/6
Instructor: EBD- Stem
Location: Dance-Right

Dance for Musical Theater 3 10-12 years
Dancers must meet age requirement as of September 30, 2019.
Lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We’ll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence. With an emphasis on the use of expression and drama through movement, this upbeat class is sure to be a real hit.
Wed: 9/18-12/11* 6:30-7:30pm
120272-A R: $192 / NR: $112
*No class dates 11/27
Instructor: EBD- Weinhardt
Location: Dance-Left
Jazz/Hip Hop 3 8-10 years
All dancers must meet the class age requirement by September 30, 2019. High-energy jazz class with a hip-hop flair and music that gets kids dancing. This class teaches age-appropriate technique and fun moves that will light up the dance floor. A focus on building basic dance technique will improve balance, coordination, flexibility, and rhythm through “street jazz” elements and a variety of styles. Jazz shoes and dancewear or other form-fitting clothing required.

Thu: 9/19-12/12* 5:45-6:45pm
120273-A R: $176 / NR: $196
*No class dates 10/31, 11/28
Instructor: EBD- Samuel
Location: Dance-Right

Junior Ballet 7 & up
All dancers must meet the class age requirement by September 30, 2019. Instructor placement required, email everybodydance07@gmail.com. Placement Class for all levels Tuesday 9/17 from 5:00-6:00 pm. Junior level is for students 7 and older with previous ballet training who are developmentally ready to pursue a more rigorous ballet program. Instruction will include ballet terminology, technique and placement as well as strengthening and learning movement combinations. With each level becoming progressively more challenging, upper level junior classes are designed to encourage young dancers to develop technically as well as artistically.

Junior Ballet 1
Tue: 9/17-12/10* 4:30-5:30pm
130207-A R: $192 / NR: $212
Instructor: Every Body Dance - Stem

Junior Ballet 2
Tue: 9/17-12/10* 4:30-5:30pm
130207-B R: $192 / NR: $212
Instructor: Every Body Dance – O’Hara

Junior Ballet 3/4
Tue: 9/17-12/10 5:30-6:30pm
130207-C R: $192 / NR: $212
Instructor: Every Body Dance – Stem/Miller

Junior Ballet 3/4
Sat: 9/21-12/14* 12:15-1:30pm
130207-D R: $220 / NR: $240
Instructor: Every Body Dance - Kudinova
Location: Dance Studio
*No class dates 11/5, 11/30, 12/7

Senior Ballet & Pointe
All Ages
Instructor placement required.
Email everybodydance07@gmail.com for placement.
Senior level, formerly Advanced Ballet and Pre-pointe/Pointe, is a high level class for students with extensive ballet training, appropriate muscular development, endurance, and the maturity needed for an extremely rigorous ballet program. Attendance at both classes weekly is expected for students desiring to train for pre-pointe. At the Senior II level, students are working toward preparedness for pointe training. Students will be enrolled initially as pre-pointe students for a specified evaluation period to determine readiness for pointe. Program instructors typically evaluate students at the start of each semester and will provide pointe instruction only for students who they deem to be physically ready for the challenges of pointe work. Regular attendance at classes is essential at this level to maintain strength.

Senior Ballet & Pre-pointe - Level 1
Thu: 9/19-12/12* 7:30-9pm
130208-A R: $264 / NR: $284
Instructor: Every Body Dance - Stem

Senior Ballet & Pointe - Level 2
Sat: 9/21-12/14* 10am-12pm
130208-B R: $352 / NR: $372
Instructor: Every Body Dance - TBD

Senior Ballet & Pointe - Level 3
Mon: 9/16-12/9* 7-8:30pm
130208-C R: $264 / NR: $284
Instructor: Every Body Dance – Clay/Maloney
Location: Dance Studio
*No class dates 10/31, 11/28, 11/30, 12/7, 10/14, 11/11

Modern/Contemporary for Teens 12-18 years
All dancers must meet age requirement as of September 30, 2019.
This class will explore the fundamentals of modern dance technique and contemporary movement. Students will learn basic modern technique including the works of Graham, Horton, Cunningham, and Limón as well as exploring personal style through guided improvisation and composition exercises. This class is suitable for dancers who are new to movement, as well as dancers with previous dance training.
Thu: 9/19-12/12* 6:30-7:30pm
140200-A R: $176 / NR: $196
*No class dates 10/31, 11/28
Instructor: EBD- Stem
Location: Dance-Right

Dance for Musical Theatre for Teens 12-18 years
Dancers must meet age requirement as of September 30, 2019.
Have a teen who loves the stage and is lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We’ll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence. With an emphasis on the use of expression and drama through movement, this upbeat class is sure to be a real hit. Perfect for students who are involved in theater, voice or dance who want to bring those pieces together.
Wed: 9/18-12/11* 7:30-8:30pm
140201-A R: $192 / NR: $212
*No class dates 11/27
Instructor: EBD- Weinhardt
Location: Dance-Left
Dance Classes

**Beginning Swing: 6-Count Swing 18 & up**
Join us for an introduction to East Coast Swing! We'll teach you the basic 6-count footwork, various fun moves like underarm and wrap turns that will get you out on the dance floor. We'll teach you how to connect with any partner, and build your confidence dancing to different styles and tempos of music.

**Wed: 10/2-12/11  6:30-7:30pm**
150224-A  R: $80 / NR: $100
**Instructor:** Marilu Ubas
**Location:** Dance-Right

**Contemporary Dance for Adults (Beginner-Intermediate Level) 18 & up**
An exploratory dance course for adults of all skill levels and backgrounds. No experience necessary, but also appropriate for adults with prior dance experience. Class will focus on basic contemporary dance technique and explore expressive movement styles inspired by ballet, modern, and jazz dance technique, encouraging self-expression and physical exercise in a judgement-free, safe, and supportive studio environment.

**Wed: 9/16-12/11*  8:30-9:45pm**
150207-A  R: $240 / NR: $260
*No class dates 11/27
**Instructor:** Kudinova-EBD
**Location:** Dance-Right

**Ballet for Adults (Beginner-Intermediate Level) 18 & up**
No prior experience necessary but also appropriate for adults with prior dance experience. This class is designed for adults wishing to explore the art of ballet, return to a former passion, refine technical ability, or simply exercise in a fun, judgement-free studio environment. Classes will consist of barre exercises focusing on proper alignment, core strength, control, and flexibility as well as center work introducing simple jumps, turns, and combinations.

**Sat: 9/21-12/14*  9-10:00am**
150208-A  R: $176 / NR: $196
*No class dates 11/30, 12/7
**Instructor:** Kudinova-EBD
**Location:** Dance-Right

**All Levels Line Dancing 18 & up**
Learn the popular line dances or just come for the great exercise. Dance to all genres of music like Country, Top 40, Hip Hop, Ballroom, Blues, Funky, Latin, Swing and more. Line dancing is one of the most fun dances out there because you can do it anywhere, and you do not need a partner!

**Wed: 10/2-12/11  7:30-8:30pm**
150223-A  R: $80 / NR: $100
**Instructor:** Marilu Ubas
**Location:** Dance-Right

**Social Night Club & Ballroom 18 & up**
Learn the basics and more of dancers’ Night Club and Social Ballroom Dances, surrounded with friends and the great songs of today and yesteryear. Learn how to lead and follow, practice to perfection, and move together as one with grace and ease. Have fun with that special person in your life as you learn a variety of dances, like the Waltz, Fox Trot, Swing, Rumba/ Bolero, Salsa/Mambo and more. Couples encouraged, and Singles welcome.

**Mon: 9/23-12/2*  7:30-8:45pm**
150214-A  R: $108 / NR: $128
*No class dates 10/14, 11/11
**Instructor:** De Eddleman
**Location:** Art Room

**Private Dance Instruction 18 & up**
Get extra, expert assistance for you and your partner, especially important for upcoming holiday season parties, balls, vacations and weddings! Or, set up a make-up session with the Instructor due to a missed class. Fee is per couple for the 45 minute lesson. Only one participant enrolls.

All classes held 8:55-9:40pm
R: $72 / NR: $92
**Mon: 9/23**  150216-A
**Mon: 9/30**  150216-B
**Mon: 10/7**  150216-C
**Mon: 10/14**  150216-D
**Mon: 10/21**  150216-E
**Mon: 10/28**  150216-F
**Mon: 11/4**  150216-G
**Mon: 11/11**  150216-H
**Mon: 12/2**  150216-I

**Instructor:** De Eddleman
**Location:** Art Room

Falls Church Recreation and Parks
Tennis

City of Falls Church / FirstServe Tennis

2019 FALL Tennis Program Tennis Everyone!

Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis! Join FirstServe Tennis on court for first-rate instructional programs for players of all abilities ages 4-adult! Gregg Deinhart and Stephan Schlagenhauff are USPTA and Eastennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment. By keeping class size small, students benefit from individual attention that leads to quick results. Player-coach ratios are 6:1 or better for juniors and 4:1 for adult intro classes, making our ratios among the best, if not the best, in Northern Virginia for both athletic and academic programs. Students should bring water to every session. FirstServe Tennis has loaner racquets available upon request. Contact FirstServe Tennis for program, racket and equipment recommendations and if you would like to borrow or purchase a racquet. Private lessons are also available upon request.

Email lessons@tenniseveryone.net, call 703-868-8172 or visit www.tenniseveryone.net for more information.

Little Shots Tennis 4-6 years
An introduction through fun games and activities designed to build hand-eye coordination and familiarity with the tennis ball and racket. Ratio 5:1.
Wed: 9/18-11/20* 3:30-4:15pm
120901-A R: $176 / NR: $196

*No class dates 10/16, 11/6
Instructor: FirstServe Tennis
Location: Cavalier Trail Park Tennis Courts

Tennis1&2: Rally, Serve, Score 10-14 years
Players learn and review the fundamental strokes with emphasis on developing rallying skills. 10 classes. Player-Coach ratio is 6:1.

Ages 6-8
Wed: 9/18-11/20 4:30-5:30pm
120902-A R: $220 / NR: $240

Ages 8-10
Wed: 9/18-11/20 5:30-6:30pm
120902-B R: $220 / NR: $240

Ages 10-14
Wed: 9/18-11/20 6:30-7:30pm
120902-C R: $220 / NR: $240
Instructor: FirstServe Tennis
Location: Cavalier Trail Park Tennis Courts

Tennis 1- Adult Beginner 18 & up
Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. A tennis racket is required. Ratio 4:1.
Wed: 9/18-11/20 9:30-10:45am
150901-A R: $299 / NR: $319
Wed: 9/18-11/20 7:30-8:45pm
150901-B R: $299 / NR: $319
Instructor: FirstServe Tennis
Location: Cavalier Trail Park Tennis Courts

Tennis 2- Drill, Rally & Play 18 & up
Players with limited on-court experience refine stroke production and learn how to play competitive points! Players drill strokes, develop rallying skills, and engage in point play. For players who have completed Tennis 1 or with coach’s recommendation. A tennis racket is required. Ratio 4:1.
Wed: 9/18-11/20 8:45-10pm
150902-A R: $299 / NR: $319
Instructor: FirstServe Tennis
Location: Cavalier Trail Park Tennis Courts

Tennis 3- Intermediate 18 & up
Techniques for improved shot making, tactics and strategy-based drilling combine with match play for intermediate players. A tennis racket is required. Ratio is 8:1.
Wed: 9/18-11/20 10:45am-12:15pm
150903-A R: $299 / NR: $319
Instructor: FirstServe Tennis
Location: Cavalier Trail Park Tennis Courts

Tennis - Private Lessons 7 & up
Student-Instructor ratio is 1:1 for students who seek the highest level of individual attention to improve their strokes and tennis game. Lessons are structured as once per week for 5 weeks. Contact FirstServe Tennis at 703.868.8172 for additional availability.
Thu: 9/19-10/17 10-11am
150920-A R: $375 / NR: $395
Instructor: FirstServe Tennis
Location: Cavalier Trail Park Tennis Courts

Semi-Private Tennis Lessons 7 & up
Student-Instructor ratio is 2:1 for students who wish to improve their game with a friend, family member or teammate. Lessons are structured as once per week for 5 weeks. Tuition shown is per player. Contact FirstServe Tennis at 703.868.8172 for additional availability.
Thu: 9/19-10/17 11am-12pm
150921-A R: $225 / NR: $245
Instructor: FirstServe Tennis
Location: Cavalier Trail Park Tennis Courts
**Pickleball/Martial Arts and Fencing**

**Introduction to Pickleball**

18 & up

Get started the right way by learning the fundamentals of this fun, mini-tennis like game. The course covers court etiquette and safety guidelines, how to warm-up properly, the basic Pickleball strokes (dinks, volleys and the serve) and how to keep score. Pickleball paddles and balls are provided. Please wear tennis shoes.

**Mon:** 10/21-12/2 10-10:55am

160414-A R: $75 / NR: $95
*No class dates 11/11

**Instructor:** Helen White

**Location:** 1/2 Gym Back Door

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**Pickleball Level 2**

18 & up

Improve your skills to take your game and your enjoyment of playing the game to the next level. Learn how to master dinks, volleys, forehands, backhands, overheads and the serve. Prior playing experience required. Please wear tennis or court shoes.

**Mon:** 10/21-12/2 11-11:55am

160415-A R: $75 / NR: $95
*No class dates 11/11

**Instructor:** Helen White

**Location:** 1/2 Gym Back Door

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**Intermediate Karate 7 & up**

We teach introductory through advanced martial arts classes for beginning adults and experienced youngsters. Students who have earned belts in other programs are welcome and should wear their uniforms and earned belts. We teach blocks, punches, kicks, and forms (katas) common to many styles of martial arts and we include self-defense techniques. For advanced students, sparring (supervised and controlled fighting) is part of the class. Our goal is to have fun learning martial arts. Advancement is based on skill, not age. While uniforms are not required for beginning students, they are recommended for continuing students. Protective equipment is necessary for sparring. Parents and friends are welcome to watch our classes. More information is available at [www.StratfordKarate.org](http://www.StratfordKarate.org).

**Mon:** 9/16-12/9 8:15-9:15pm

130506-A R: $99 / NR: $119

**Thu:** 9/19-12/12 7-8pm

130506-B R: $99 / NR: $119
*No class dates 10/14, 11/11, 10/31, 11/28

**Instructor:** Richard Hathaway and Bill Kennedy

**Location:** Dance-Right

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**Advanced & Black Belt Karate 16 & up**

If you have significant martial arts experience and are looking for a place to train, join us! We have an experienced and friendly group that practices advanced techniques, katas, and sparring for fun and advancement. Sparring is an optional part of the class. Uniforms and hand & feet protection are expected. We have more information online at [www.StratfordKarate.org](http://www.StratfordKarate.org).

**Thu:** 9/19-12/12 8:15-9:15pm

130507-A R: $99 / NR: $119
*No class dates 10/31, 11/28

**Instructor:** Richard Hathaway

**Location:** Dance-Right

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### MARTIAL ARTS AND FENCING

#### Young Musketeers Fencing 5-7 years

Nova Fencing Club welcomes kids ages 5 & 7 to our Young Musketeer program, where they can learn to fence using foam sabers. The classes teach and reinforce the fundamentals of fencing such as footwork, handwork and the rules in a fun and exciting atmosphere. The fundamentals are reinforced with games and activities that emphasize critical thinking and quick decision-making as well as necessary physical attributes such as overall conditioning and quick reaction times. Parents are encouraged to stay and observe during the class.

**Location:** Nova Fencing Club
3431 Carlin Springs Rd., Suite E
Falls Church, VA 22041

**Mon:** 9/16-11/18 6-7pm

120520-A R: $120 / NR: $140

**Tue:** 9/17-11/12 6-7pm

120520-B R: $120 / NR: $140

**Wed:** 9/18-11/6 6-7pm

120520-C R: $120 / NR: $140

**Thu:** 9/19-11/14 6-7pm

120520-D R: $120 / NR: $140

**Fri:** 9/20-11/8 6-7pm

120520-E R: $120 / NR: $140

**Sat:** 9/21-11/9 9-10am

120520-F R: $120 / NR: $140
*No class dates 10/14, 11/11, 11/5, 10/31

**Instructor:** NOVA Fencing Club

**Location:** Nova Fencing Club

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#### Beginning Karate 7 & up

Curious about the martial arts for your child? We teach basic blocks, punches, kicks, and forms (katas) common to many styles of martial arts and we include some self-defense techniques. Our goal is to have fun learning martial arts. We do not have beginning students fighting each other as part of the class. We accept students with some prior experience and students who have earned belts in other programs are welcome to wear them. No equipment or uniforms are necessary but may be worn. Advancement is based on skill, not age. While uniforms are not required for beginning students, they are recommended for continuing students. Protective equipment is necessary for sparring. Parents and friends are welcome to watch our classes. More information is available at [www.StratfordKarate.org](http://www.StratfordKarate.org).

**Mon:** 9/16-11/18 7-8pm

130505-A R: $99 / NR: $119

**Thu:** 9/19-11/12 7-8pm

130505-B R: $99 / NR: $119
*No class dates 10/14, 11/11

**Instructor:** Dave Hacker

**Location:** Dance-Left

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#### Intermediate Karate 7 & up

We teach introductory through advanced martial arts classes for beginning adults and experienced youngsters. Students who have earned belts in other programs are welcome and should wear their uniforms and earned belts. We teach blocks, punches, kicks, and forms (katas) common to many styles of martial arts and we include self-defense techniques. For advanced students, sparring (supervised and controlled fighting) is part of the class. Our goal is to have fun learning martial arts. Advancement is based on skill, not age. While uniforms are not required for beginning students, they are recommended for continuing students. Protective equipment is necessary for sparring. Parents and friends are welcome to watch our classes. More information is available at [www.StratfordKarate.org](http://www.StratfordKarate.org).

**Mon:** 9/16-12/9 8:15-9:15pm

130506-A R: $99 / NR: $119

**Thu:** 9/19-12/12 7-8pm

130506-B R: $99 / NR: $119
*No class dates 10/31, 11/28

**Instructor:** Richard Hathaway

**Location:** Dance-Right

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#### Advanced & Black Belt Karate 16 & up

If you have significant martial arts experience and are looking for a place to train, join us! We have an experienced and friendly group that practices advanced techniques, katas, and sparring for fun and advancement. Sparring is an optional part of the class. Uniforms and hand & feet protection are expected. We have more information online at [www.StratfordKarate.org](http://www.StratfordKarate.org).

**Mon:** 9/16-12/9 8:15-9:15pm

130507-A R: $99 / NR: $119
*No class dates 10/31, 11/28

**Instructor:** Richard Hathaway

**Location:** Dance-Right
Intro To Olympic Fencing

8-13 years
Nova Fencing Club welcomes kids ages 8 to 13 to our Introduction to Fencing program. The class teaches and reinforces the fundamentals of fencing such as footwork, handwork and the rules in a fun and exciting atmosphere. The fundamentals are reinforced with games and activities that emphasize critical thinking and quick decision-making as well as necessary physical attributes such as overall conditioning and quick reaction times. All equipment is included.

Location: Nova Fencing Club
3431 Carlin Springs Rd., Suite E
Falls Church, VA 22041
Mon: 9/16-11/18* 6-7pm
120521-A R: $120 / NR: $140
Tue: 9/17-11/12* 6-7pm
120521-B R: $120 / NR: $140
Wed: 9/18-11/6 6-7pm
120521-C R: $120 / NR: $140
Thu: 9/19-11/14* 6-7pm
120521-D R: $120 / NR: $140
Fri: 9/20-11/8 6-7pm
120521-E R: $120 / NR: $140
Sat: 9/21-11/9 9-10am
120521-F R: $120 / NR: $140
*No class dates 10/14, 11/11, 11/5, 10/31
Instructor: Nova Fencing Club
Location: Nova Fencing Club

Light Saber Training for Jedi

9 & up
Nova Light Saber is the class that you’ve been looking for. Train with our Masters and learn the Nova One Form of Light Saber fencing. Light Sabers and protective equipment provided. Light Saber Training for Young Jedi classes are grounded in the foundations of Kendo and the mysterious martial art from the Star Wars franchise. At the end of the session a tournament will be held at Nova Fencing Club, followed by Glow-in-the-Dark Light Saber Fencing. Nova Light Saber Fencing for Young Jedi is appropriate for both beginning and continuing Jedi Padawan.

Location: Nova Fencing Club
3431 Carlin Springs Rd., Suite E
Falls Church, VA 22041
Sun: 9/22-11/10 1-2pm
120522-A R: $150 / NR: $170
Instructor: Nova Fencing Club
Location: Nova Fencing Club

Japanese Swordsmanship

13 & up
Learn the ancient Samurai sword arts. Here you will be taught the stances, postures and movements. This will include Iaijutsu sword-drawing and cutting techniques and paired-student Kenjutsu exercises. No uniforms are required, and equipment is provided for beginners.

Thu: 9/19-12/12* 6-6:55pm
150554-A R: $72 / NR: $92
*No class dates 10/3, 10/24, 10/31, 11/28
Instructor: Dave Hacker
Location: Teen Center

Self Defense & Martial Arts Introduction

9 & up
Concerned for personal safety? Learn basic and practical actions you can take to improve your personal safety. This two-hour class will teach you how to perform several self-defense techniques and introduce traditional martial arts. Most techniques do not require great strength or power, just know how. We’ll show you. Come comfortably dressed and prepared to practice some self-defense techniques with instructors. The classes will be taught by local martial arts instructors with over 30 years of experience teaching martial arts. See our website: at www.StratfordKarate.org
Sat: 10/5 3-5pm
130508-A R: $24 / NR: $44
Sat: 11/16 3-5pm
130508-B R: $24 / NR: $44
Location: Dance-Left

Tai Chi & Qi Gong

16 & up
This class will explore Tai Chi forms and Qi Gong exercise for health and wellness. The exercises and forms aid in developing breath control, flexibility, muscle tone, stability and balance, eventually becoming a type of moving meditation for to the practitioner. As there is no impact to any joint, Tai Chi and Qi Gong are ideal for older persons or those whom have had knee and/or hip replacement. The study of Tai Chi is greatly beneficial to the young athlete as well. The class is structured such that anyone may join. The instructor is a Grandmaster with 53 years of study and 33 years of teaching experience.

Tue: 9/17-12/17* 6-7pm
150506-A R: $170 / NR: $190
*No class dates 11/5
Instructor: Grandmaster Jeff Cook
Location: Art Room
Yoga and Fitness

YOGA

Stress Burner Yoga 2019

13 & up
Imagine moving through your day with a new sense of resilience, confidence and calm. Stress Burner Yoga techniques can help you lower your stress “set-point” and cultivate flexibility on the mat and in life. In this different kind of yoga class we’ll focus on ways to cultivate a daily practice of mindfulness, calm, gratitude and joy in a fun, supportive atmosphere. You have the perfect body for this class which is also a good complement to any yoga class you are already taking. Plus you will learn Emotional Freedom Technique/ Tapping, Energy Medicine and Quantum Powers tools to manage stress and energy more efficiently. You will find practice buddies to help you integrate your new habits. Best rate is for all 12 classes in session A below, then 10 and 8.

All 12 classes
Web: 9/18-12/18* 7:30-8:45pm
150403-A R: $240 / NR: $260
10 classes
Web: 9/18-12/18* 7:30-8:45pm
150403-B R: $205 / NR: $225
8 classes
Web: 9/18-12/18* 7:30-8:45pm
150403-C R: $165 / NR: $185
*No class dates 10/9, 11/27
Instructor: Stress Burner Yoga Team
Location: Community Room

Gentle Yoga 18 & up

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program. No previous yoga experience necessary; all levels welcome. Mats are available.

Thu: 9/19-12/12* 10-10:55am
150402-A R: $144 / NR: $164
*No class dates 11/28
Instructor: BodyMoves Fitness, LLC
Location: Community Room

Yoga for Fitness 18 & up

This class introduces participants to fundamentals of yoga practice including asanas (poses), breathing techniques, and body awareness. Class is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely and gently to increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

Mon: 9/16-12/9* 12:15-1:15pm
150411-A R: $132 / NR: $152
Tue: 9/17-12/10* 8-8:55pm
150411-B R: $144 / NR: $164
*No class dates 10/14, 11/11, 11/5
Instructor: BodyMoves Fitness, LLC
Location: Community Room

FITNESS

WERQ 13 & up

WERQ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. WERQ is taught by Certified Fitness Professionals, so the WERQout is safe and effective. Drop-in rate: $15/class. Drop-ins, arrive early and pay at front desk.

Mon: 9/23-12/16* 6-7pm
150429-A R: $120 / NR: $140
*No class dates 10/10, 11/11
Instructor: Sarah Barry
Location: Art Room

Pilates with Props 18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Instructor will provide suggestions to source a burst-resistant, 55-cm ball or bring your own.)

Tue: 9/17-12/10* 7-7:55pm
150409-A R: $144 / NR: $164
*No class dates 11/5
Instructor: BodyMoves Fitness, LLC
Location: Community Room

ESSENTRICS Classical Stretch 18 & up

Age reversing workout restore joint movement, flexibility, strength, relieves pain, increases energy, vibrancy and your immune system. Slow-paced, full body workout based on tai chi’s flowing movements for balanced health; ballet’s theories for long, lean, flexible muscles, and healing powers of physiotherapy. Seen on PBS and created by author of bestseller, Aging Backwards and Forever Painless. For more information www. essentrics.com. Bring a floormat.

Sun: 9/15-12/15* 2-3:15pm
150460-A R: $110 / NR: $130
*No class dates 9/22, 10/27, 12/1, 12/8
Instructor: Essentrics NOVA
Location: Dance-Full

NTL- Never Too Late Fitness 55 & up

Don’t believe that nonsense that you have to live with all those “growing old” problems. Join our Seniors Fitness Program’ instructed by a Certified Personal Trainer – Senior Fitness Specialist/Corrective exercise specialist/ Performance Enhancement Specialist/ MMA Conditioning Specialist/ Fitness Nutrition Specialist, and learn how you can fight-back, and W-I-N. Class will focus on improving balance, stability, cardiovascular endurance, strength, flexibility and most importantly, core strengthening; building a stronger and more stable foundation, and greatly reducing the risk of falling. All while meeting new people, making new friends, and having a great time! All students are to bring an exercise mat and light (2 - 8 lb. dumbbells). If needed, makeups will be December 17 & 19.

Tue/Thu: 9/17-12/12* 9-10am
160408-A R: $410 / NR: $430
Tue: 9/17-12/10* 9-10am
160408-B R: $196 / NR: $216
Thu: 9/19-12/12* 9-10am
160408-C R: $196 / NR: $216
Tue/Thu: 9/17-12/12* 10-11am
160408-D R: $410 / NR: $430
Tue: 9/17-12/10* 10-11am
160408-E R: $196 / NR: $216
Thu: 9/19-12/12* 10-11am
160408-F R: $196 / NR: $216
*No class dates 11/5, 11/28
Instructor: Capitol Fitness
Location: 1/2 Gym Back Door

Falls Church Recreation and Parks
CLASS CARDS*
Can’t commit to an entire session of step aerobics? The Falls Church Class Card is for you! The card entitles you to attend any Step Aerobics, Weekend Workout, Core Body Strength, Conditioning, Endurance, or Kickboxing Power. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.
**Fees:**
R: $90 / NR: $110

**Step for Fun & Fitness**
18 & up
Class consists of sets of choreographed movements performed on a raised platform. Sessions will provide both cardiovascular and muscular endurance. Incorporating both upper and lower movements together will improve your coordination and agility. Step aerobics is a terrific cross-training activity for runners, cyclists and walkers.
Mon: 9/16-12/16* 6:30-7:30pm
150404-A R: $72 / NR: $92
Wed: 9/18-12/18 6:30-7:30pm
150404-B R: $84 / NR: $104
*No class dates 10/14, 11/11
Instructor: Eileen Cutrona
Location: Mount Daniel Gym

**Total Body: Strength, Conditioning and Endurance**
14 & up
Class will include resistance, power and cardio exercises using a variety of weights and equipment to develop strength, overall conditioning and endurance. All moves can be adapted to your individual fitness level. Class taught by Certified Personal Trainer/Group Fitness Instructor.
Tue/Thu: 9/17-12/19* 6:30-7:30pm
150433-A R: $156 / NR: $176
*No class dates 10/10, 10/31, 11/5, 11/28
Instructor: Pam Doran
Location: Senior Center-Full
Wed: 9/18-12/18 5:15-6:15pm
150439-A R: $84 / NR: $104
*No class dates 10/10, 10/31, 11/28
Instructor: Pam Doran
Location: Mount Daniel Gym
Sat: 9/21-12/21* 9:45-10:45am
150449-C R: $96 / NR: $116
Instructor: Pam Doran
Location: Senior Center-Full
*No class dates 11/30, 12/7

**Cardio Kick 14 & up**
Class will incorporate warm-ups, upper and lower body strength and cardio exercise using kickboxing techniques and routines, and cool down stretching. Participants can work at their fitness level. Class taught by Certified Personal Trainer/Group Fitness Instructor. Gloves and hand-wraps provided.
Tue: 9/17-12/17* 7:30-8:30pm
150436-A R: $78 / NR: $98
Thu: 9/19-12/19* 7:30-8:30pm
150436-B R: $66 / NR: $86
*No class dates 11/5, 10/10, 10/31, 11/28
Instructor: Pam Doran
Location: Mount Daniel Gym

Weekend Workout Mashup 14 & up
Start your weekend with an energizing workout that revs up your metabolism and increases your energy levels. Class will incorporate strength and cardiovascular exercises utilizing a new format and equipment each week. All exercises can be adapted to your fitness level.
Sat: 9/21-12/21* 8:30-9:30am
150448-A R: $96 / NR: $116
*No class dates 11/30, 12/7

**Free Demo Classes:**
**Step for Fun & Fitness**
Wednesday, September 11, 6:30pm

**Total Body: Strength, Conditioning and Endurance**
Tuesday, September 10, 6:30pm

**Barre Low Impact Workout**
Wednesday, September 11, 5:15pm
Wednesday, September 11, 7:30pm

**Cardio Kick**
Thursday, September 12, 7:30pm
All free demo classes will be held at Mount Daniel Elementary School in the gymnasium except for the 5:15 Wednesday Barre Class which will be at the Falls Church Community Center.

**FIT AT THE FARMERS MARKET**
Our Fit at the Farmers Market program will return on Saturday, September 7 and continue weekly through November 9.
Join us each Saturday morning at 9am, beside the Falls Church Farmers Market for a free fitness class taught by professional instructors from local studios!

- September 7: WERQ
- September 14: Pure Barre
- September 21: Body Dynamics
- October 5: Blue Nectar Yoga
- October 12: Body Dynamics
- October 19: WERQ
- October 26: CYCLEBAR
- November 2: WERQ
- November 9: Body Dynamics

There is no registration for this program. We just ask that you sign a liability waiver prior to participating. It is advised that individuals seek the advice of a medical doctor prior to participating in a fitness program.
In the event of inclement weather, Fit at the Farmers Market is held inside the Community Center.
The Little City’s Farmers Market for Over 35 Years!

Voted the area’s
BEST
Farmers Market
2012-2019!
– Northern Virginia Magazine & Virginia Living Magazine

Support Local Agriculture and Maintain Local Farmland!
Items available include fruits, vegetables, cheese, milk, eggs, honey, beef, pork, lamb, chicken, salmon, cut flowers, perennials, annual flowers, roasted coffeee, dog treats, prepared foods and baked goods.

Open Saturday’s 8am-12pm (April-December) / 9am-12pm (January-March)
UPCOMING PARK IMPROVEMENTS

The City’s Capital Improvement Program identifies capital needs of the community and indicates how these needs will be funded over the five year period. Recreation and Parks is looking forward to a few major improvements to existing parks and the creation of a park on the first major land acquisition for parks in over ten years.

Larry Graves
The rectangular field at Larry Graves is currently being converted into a synthetic turf field. This project is being completed as part of an agreement between the City of Falls Church, the Fairfax County Park Authority and the Fairfax County Department of Neighborhood and Community Services. Construction has already begun and is expected to be completed mid-fall.

Master Park Improvements
Identified projects such as replacing playground equipment, addressing drainage issues in parks, and maintenance and repair of pathways will be funded over the next four fiscal years.

Big Chimneys Park
Construction on Big Chimneys Park is set to begin this fall and will include a large entry way to with park signage, tables, benches, and more. Small covered picnic shelter, play equipment for ages 2-5 and 5-12 as well as swings, new pathways, lighting, and storm water improvements. The funding for this park is provided largely from the sale of City owned property that was bought by the developers of the 301 Broad Street building.

New Park!
The Recreation and Parks Department is excited to bring the master planning stages for our first brand new park in ten years. Just recently, the City acquired property at 604 South Oak Street, commonly referred to as the Fellows Property.

Upon final acquisition of the property, the City’s immediate tasks are to secure and insure the property.

Beginning this fall, master park planning meetings will begin. The community will be invited to present their thoughts, ideas and preferred amenities to the Advisory Board of Recreation and Parks. After hearing from the public, a draft Master Park Plan will be assembled and presented once again to the public. Once a final Master Park Plan is in place, the Recreation and Parks Department will begin working with an architectural and engineering firm to design the park. Once a design is in place, it will be once again presented to the community for comment. Funding for the design of the park becomes available July 1, 2020. Funding for any construction becomes available July 1, 2021.

For additional information on any of our Park Improvement Projects, please contact the Recreation Department at 703-248-5027(TTY711) or Recreation@fallschurchva.gov
Teen Programs

TEEN PROGRAMS
The Falls Church Teen Center is open exclusively for teens Monday through Friday, from 3 p.m. until 6 p.m. and features a large screen TV with an Xbox and Wii, air hockey, pool, shuffleboard and more.

The Teen Coordinator (703-248-5307 TTY 711) supervises teen activities and trips. For more information or visit www.fallschurchva.gov/teens

Midnight Madness
Grades 5-8
Midnight Madness Hang with friends and play dodge-ball, compete in eating contests, dance party, or join an air hockey tournament at our monthly Midnight Madness parties. Activities will vary each month. Pizza and sodas are available for sale. Participants must be signed out by a parent or guardian.

Fee: $5
Time: 7pm-12am
Dates: September 20, October 4, November 1 and December 13

Teen Work List
Are you a 9th-12th grader looking to make money? If so, join our Teen Work List. Residents contact us when they need someone to perform jobs such as babysitting, yard work, snow shoveling, and dog-walking. We will then contact you via email with a job description and the residents contact information. Simply fill out an application and forward it by mail, fax, or email to recreation@fallschurchva.gov. For more information contact 703-248-5307.

Teen Council
Teen Council is an opportunity for teens to volunteer in the community, with a mission to empower teens with core values of leadership, accountability and a heart for service.

Participants have one planning meeting a month, and one service project a month.

Applications are available at the Falls Church Community Center or email recreation@fallschurchva.gov

Kings Dominion 11-15 years
Do you like roller coasters? Ride the Anaconda, Dominator, Flight of Fear, Intimidator 305, Twisted Timbers and more. Please bring money for food and souvenirs.

Sat: 9/28 9am-10pm
141480-A $55

Fun Land 10-14 years
Fun Land is Virginia's Premier Indoor/Outdoor Family Fun Center. Fun Land has laser tag, go-karts, miniature golf and much more. Registration includes All-Day UNLIMITED access to Rides, Attractions and Video Games. *Hologate VR is not included. Please bring additional money for lunch.

Mon: 10/14 10am-5pm
141454-A $50

Paintball
10-15 years
Ready, Aim, Fire! Take aim at your friends at Hogback Mountain. All necessary rental equipment is provided in the rental package as well as 500 paintballs. Come out and enjoy a day of playing paintball. Please bring lunch or bring $7 for a hotdog lunch and money for extra paintballs if desired. YOU MAY NOT BRING YOUR OWN PAINTBALLS! Additional paintballs can be purchased at Hogback. The fee is 100 paintballs for $5 or 500 paintballs for $15. Please also bring additional money for dinner. We will stop somewhere on the way back.

Sat: 10/19 12-6:30pm
141448-A $60

The St. James 10-14 years
The Saint James is a new premier destination for sports, wellness and entertainment. On this trip, we will explore the super, awesome and amazing part of the facility which includes Trampoline Jump, Nerf Battle Zone, Climbing Structures, Ropes Course, and Ninja Warrior Course. Participants must wear closed toed shoes. Bring additional money for dinner.

Fri: 11/15 5-9:30pm
141469-A $50

Ice Skating 10-15 years
Join us for an afternoon of ice skating at the National Gallery of Art, Sculpture Garden. Please bring $18.50 cash for entrance, ice skate rental and locker as well as any additional money for snacks or hot chocolate!

Wed: 12/11 1-3pm
141401-A $5

Falls Church Recreation and Parks
What is Teen Council?
Teen Council is a group of fun and fascinating teens that participate in monthly volunteer projects.

What is the mission of Teen Council?
The mission of our Teen Council is to empower teens with the core values of leadership, accountability, and a heart for service.

How do I join?
Anyone in grades 6-8 can join Teen Council. Teen Council is FREE to join. Simply fill out an application, get a parent or guardian signature, and take, mail, or fax it to the Falls Church Community Center.

What activities do members participate in?
Members participate in monthly volunteer projects, social activities, and planning meetings. Meetings are held the first Monday of each month at 4:30. Meetings are held from October through June. Members also assist with special events such as the Easter Egg Hunt & Halloween Carnival.

To be completed by the participant:
By joining, I am making a commitment to attend all meetings and activities and to actively participate. This includes being on time, behaving and genuinely offering my ideas and opinions. By signing below, I agree to put forth my best effort as a member.

Name: _____________________________________________
Phone number: ______________________________________
Email: _____________________________________________
Signature: __________________________________________

To be completed by parent/guardian:
I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Parent/Guardian Signature: _____________________________
Date: ______________________________________________

Falls Church Teen Center
223 Little Falls Street
Falls Church, VA 22046
703-248-5027 (TTY 711)
www.fallschurchVA.gov/Teens
Recreation@fallschurchva.gov

The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability call 703-248-5077 (TTY 711).
Teen Work List

Are you looking for work to make some extra money?
If so, place your name on our teen work list for possible work opportunities. When residents need someone to do jobs such as babysitting, yard work, snow shoveling, dog walking, or other, they contact us and we contact you by email.

Teen’s Name: _________________________________________________________________
E-mail Address: _______________________________________________________________
Parent’s Name: _______________________________________________________________
Grade as of Fall 2019: ______________________ Phone: ____________________________

Snow Shoveling List
The snow shoveling list works differently from the Teen Work List.
If you sign up to be on the snow shoveling list, we will give your phone number directly to individuals who need snow shoveling.

_______ Yes, I want to be on the snow shoveling list. ________ No, thank you.

I am the parent/guardian of the above named person and hereby give the City of Falls Church
Permission to place my child on the Teen Work List. In doing so, I hereby release and waive the City of Falls Church from any liability, for injury or damage to person or property that may arise from my child’s name being placed on this list. I understand that it is a referral list, and that it is my child’s responsibility to contact potential employers and to negotiate terms and conditions of employment.

I understand that there may be risks inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted above. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

_________________________ ______    ___________________________
Signature of Parent/Guardian                                                    Date

The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability call 703-248-5077 (TTY 711).
Love the Ball Mommy & Me 2-3 years
Registration for the clinics started May 6th and will stay open until filled.
Love the Ball soccer clinics are designed to teach participants to love the ball and the game of soccer. Each session allows participants to have a soccer ball the entire session, playing games that increase their balance, coordination and control with a soccer ball. Parents are encouraged to do the drills as well as the children to encourage children participation. Sessions ensure player interaction with the coach and peers by using fantasy based themes such as space ships, pirates or vehicles to engage young minds in the beautiful game and encourage play and laughter.

Ages are as of September 30, 2019.

Mon: 9/9-10/28  3-3:45pm
631104-A  R: $105 / NR: $125
Wed: 9/11-10/23  10-10:45am
631104-C  R: $105 / NR: $125
Wed: 9/11-10/23  4-4:45pm
631104-D  R: $105 / NR: $125
Sat: 9/7-10/26  10-10:45am
631104-H  R: $105 / NR: $125

*No class dates 10/12, 10/14
Instructor: Love the Ball
Location: TBA

Love the Ball Mini Kickers 4-5 years
Registration for the clinics started May 6th and will stay open until filled.
This class builds upon the skills learned in the Mommy and Me class developing new skills including independence, confidence, decision making and sportsmanship. Each session ensures player interaction with the coach and peers by using fantasy based themes, such as space ships, pirates or vehicles to engage young minds in the beautiful game. Ages are as of September 30, 2019.

Mon: 9/9-10/28  4-4:45pm
631104-B  R: $105 / NR: $125
Wed: 9/11-10/23  11-11:45am
631104-D  R: $105 / NR: $125
Wed: 9/11-10/23  4-4:45pm
631104-F  R: $105 / NR: $125
Sat: 9/7-10/26  10-10:45am
631104-H1  R: $105 / NR: $125
Sat: 9/7-10/26  11-11:45am
631104-I  R: $105 / NR: $125

*No class dates 10/12, 10/14
Instructor: Love the Ball
Location: TBA

Fall Soccer (Grades Kindergarten-12th Grade)
Early Bird Registration: July 1-July 21
Kindergarten/2nd Grade –
Resident: $90  Non-Resident: $110
3rd Grade & Above
Resident: $110  Non-Resident: $130
Regular Registration: July 22nd – August 4th
Kindergarten/2nd Grade –
Resident: $105  Non-Resident: $125
3rd Grade & Above
Resident: $125  Non-Resident: $145

Teams will be formed by grade and will participate in either Falls Church or the Arlington Soccer Association. Practices and games will be held at nearby fields; times vary by team. Practices start after Labor Day and games go through early November. Volunteer coaches are needed. For more information on registration, fees, and league rule information, call 703-248-5027.

Youth Flag Football
Grades 2-9
Early Bird Registration: June 3rd-June 30th
Resident: $110 / Non-Resident: $130
Regular Registration: July 1st – August 25th
Resident: $120 / Non-Resident: $140
Falls Church Recreation & Parks
Department will be hosting our annual youth flag football league this fall.
This program is a co-ed, non-contact, 5-on-5 league that focuses on teaching the fundamentals of football in a fun, competitive, and safe environment.
League will be run on Saturday evenings at George Mason High School starting mid-afternoon each week. Volunteer coaches are needed. Please contact Jimmy Ruby for more details at 703-248-5027.
Location: George Mason Turf Field
600001-A: Grades 2/3
600002-A: Grades 4/5
600003-A: Grades 6/7
600004-A: Grades 8/9

1st Touch Basketball Clinic 3-4 years
Registration begins on September 30th and will stay open until filled. 1st Touch is a program designed to develop your young player's love and interest in basketball by providing the FUN-damental skills and techniques needed. A six-session course open to boys and girls ages 3-4. Each 45 minute session will include station work that focuses on different skills to include shooting, dribbling, passing, and footwork. It gives parents and children the opportunity to work one-on-one and spend quality time together. Parents/guardians are encouraged to stay and participate during the clinic. Ages are as of September 30th, 2019.

3 year olds clinic
Sat: 1/11-2/15  9-9:45am
621103-A  R: $105 / NR: $125

4 year olds clinic
Sat: 1/11-2/15  10-10:45am
621103-B  R: $105 / NR: $125
Instructor: Baroody Camps
Location: To Be Announced
**YOUTH SPORT COACHES**

Each year our youth sport programs are made possible thanks to the enthusiasm and dedication of volunteer coaches. Our programs that utilize volunteer coaches include our House League Basketball program, Select League Basketball program, Youth Soccer (fall and spring), and Flag Football.

**Fall Soccer**
September through November
One practice/week and one game/week – typically on Saturdays

**Flag Football**
September through November
Saturdays only – Two hour time slot includes a one hour practice followed by a one hour game

**House League Basketball**
December through March
One practice/week and one to two games/week – more if makeups are needed

**Spring Soccer**
April through June
One practice/week and one game/week – typically on Saturdays

Volunteer coaches are required to attend a preseason meeting, and complete a background check. Volunteers must be at least 18 years old or 16 with an assigned adult on site for each game/practice.

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**Ultimate Frisbee 8-14 years**

Sign up as an individual and we will do the rest. Each week players will play with different teammates and against different teams. This program is open to players of all different skill levels.

Sun: 9/8-10/27 6-7:15pm
631301-A R: $100 / NR: $120
**Location:** T.J. Large Field

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**Early Hoopers Basketball Clinic 5-6 years**

Registration begins on September 30th and will stay open until filled. The co-ed Early Hoopers Basketball Clinic is once-per-week instructional clinic that focuses on the basic fundamental skills and rules of basketball as it begins to prepare the participant for league competition. A seven-session course open to boys and girls ages 5-6. Volunteers are always welcome to assist our staff. Ages are as of September 30th, 2019.

5 year olds clinics
Mon: 1/6-3/2* 5:15-6pm
621105-A R: $105 / NR: $125
Wed: 1/8-2/19  5:15-6pm
621105-B R: $105 / NR: $125
Sat: 1/11-2/22  9-9:45am
621105-C R: $105 / NR: $125
*No class dates 1/20, 2/17

6 year olds clinics
Tue: 1/7-2/18  5:15-6pm
621106-A R: $105 / NR: $125
Thu: 1/9-2/20  5:15-6pm
621106-B R: $105 / NR: $125
Sat: 1/11-2/22  10am-10:45pm
621106-C R: $105 / NR: $125
Sat: 1/11-2/22  11am-11:45pm
621106-D R: $105 / NR: $125

**Instructor:** Baroody Camps
**Location:** To Be Announced

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**House League Basketball**

**Grades 2-12**

Registration for boys and girls house basketball league teams runs from September 30th through October 27th. Teams will be formed by grade and drafted into teams and will participate in our winter house league. Practices and games will be scheduled in area gyms; practice and game times vary by teams. Volunteer coaches and paid referees are needed! Call 703-248-5027 for more info.

**Early Bird Registration:**
September 30th – October 13th

2nd/3rd Grade
Resident: $130 / Non-Resident: $150

4th Grade & above
Resident: $145 / Non-Resident: $165

**Regular Registration:**
October 14th – October 27th

2nd/3rd Grade
Resident: $145 / Non-Resident: $165

4th Grade & above
Resident: $160 / Non-Resident: $180

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**Select League Basketball**

Age Groups – Boys/Girls 5th Grade, 6th Grade, 7th Grade, 8th Grade

Registration – Players will register once accepted to a team. For those basketball players interested in a more competitive and highly skilled environment, Falls Church Rec & Parks will sponsor several teams in the FCYBL Select Basketball League. All players will be required to tryout and be selected to the age appropriate team. Tryouts will start the 1st week of October. Teams will be formed based on need. There will not necessarily be teams in each age/gender group. Contact Jimmy Ruby at 703-248-5027 for further information.
**SCOREKEEPERS NEEDED**

The City of Falls Church Recreation and Parks Department is looking for people interested in and knowledgeable of basketball rules that would enjoy being Scorekeepers during basketball league games.

**Requirements**
- Must be 21 or older;
- Must have a strong knowledge of basketball rules;
- Must be good at multi-tasking;
- Must have a take charge attitude; and
- Must be available one night per week and Saturdays.

**Hours**
Must be able to work at least one weekday 6:00pm – 10:00pm and one shift on the weekend between 9:00am to 6:00pm at Local City of Falls Church Schools.

**Salary**
$12 per hour. No benefits.

**To Apply**
Complete the application via fillable PDF or send a resume to the City of Falls Church, Human Resources, 300 Park Ave., Suite 102W, Falls Church, VA 22046 or hr@fallschurchva.gov

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**REFEREES NEEDED**

The City of Falls Church Recreation and Parks Department is looking for people interested in and knowledgeable of basketball rules that would enjoy being a referee during basketball league games.

Applicants must be 14 or older with a strong knowledge of basketball rules;

We will begin recruiting for referees this fall. If you are interested, please reach out to Jimmy Ruby at JRuby@fallschurchva.gov or by calling 703-248-5027.

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**Fall Co-ed Volleyball**

**Registration:** July 15th – August 11th (Teams Only)
League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18 years or older. Games are played primarily on Tuesdays and Thursdays. Call 703-248-5027 for registration form, fees, and league rules.

**Fees:** $325

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**Fall Women’s Volleyball**

**Registration:** July 15th – August 11th (Teams Only)
League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18 years or older. Games are played primarily on Mondays and Wednesdays. Call 703-248-5027 for registration form, fees, and league rules.

**Fees:** $265

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**Fall Men’s Basketball League**

**Registration:** July 15th – August 11th (Teams Only)
League play starts at the beginning of September and runs through the beginning of November. Various levels of competition are offered. Registration is on a team-basis only and team members must be 18 years or older. Call 703-248-5027 for registration form, fees, and league rules.

**Fees:** $850 per team

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**Winter Men’s Basketball League**

**Registration:** November 11th – December 1st (Teams Only)
Various levels of competition are offered and play begins in January and played primarily on Sunday afternoons. Registration is on a team-basis only and team members must be 18 years or older. For more information, call 703-248-5027.

**Games will be played primarily on Sunday afternoons.**

**Fees:** $850 per team

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**Adult Fall Co-ed Soccer**

For more information, call 703-248-5027 and ask for Jimmy Ruby.
COME JOIN A FALLS CHURCH CLUB!

The City of Falls Church Concert Band
The City of Falls Church Concert Band is a community band that performs an entertaining mixture of marches, classical pieces, Broadway show medleys, regional tunes, and American classics. Membership is open without audition to all concert band musicians from all over the area. Music Director Robert Little brings not only a lot of musical experience and professionalism to the band, but also a friendly, lighthearted atmosphere. Rehearsals are held on Wednesday nights 7:45 to 9:45 p.m. at the George Mason High School, 7124 Leesburg Pike, in Falls Church. Visit the band website at www.fallschurchconcertband.org

Bridge Club
Social Bridge – Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting. Knowledge of game is expected. This is not a teaching class.

Contract Bridge – Meets every Friday at 10am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player. Knowledge of game is expected. This is not a teaching class. Please call the Senior Center at 703-248-5020 for more information.

Golden Age Bingo Club
The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some bingo, have fun, socialize and meet new friends. Besides bingo, the group has raffle drawings, parties, and goes on trips. This group is run by seniors. Small fee of 25 cents per card applies.

Garden Club
The Falls Church Garden Club is a City sponsored local horticultural organization open to anyone. Annual membership is $15 or $20 for two at the same address. The Club meets the first Monday of the month, with the exception of January, July and August. Meetings are held in the American Legion Post 130 building at 400 N. Oak Street in Falls Church at 7:30 p.m., and feature garden specialists who share their knowledge on various gardening topics. Come meet and make new friends, enjoy the best cookies in town and you may win a prize! Additional activities include club trips, visits to private/public gardens, plant exchanges and a SPRING Plant Sale. Proceeds fund the Club's programs and administrative costs and support the community through charitable donations to garden-related organizations. A monthly newsletter is also published with news of club activities and special events. More information? Be sure to check our website www.fallschurchgardenclub.org and our Facebook page.

Knitting and Crocheting Club
Every Thursday at 10am in the Senior Center. Knitting and Crocheting for all skill levels. Come join us for a great learning experience. All projects welcomed. This is not a teaching class.

Language Clubs
German Conversation Tuesdays at 10am
Spanish Conversation Wednesdays at 10:45am
Italian Conversation Wednesdays at 1:30pm
French Conversation Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs. Please call the Senior Center at 703-248-5020 for more information.

Lunch Bunch Club
Come join us for a lunch outing on the second Monday every month except when a holiday falls and then we will meet on the third Monday. You are responsible for your own meal.

September – Ruby Tuesday September 9
October – Olive Garden October 21
November – El Tio Mexican November 18
December- Red Lobster, December 9

Military History
Hear from authors, historians, and those with first-hand accounts about events that shook the world. Alternate Fridays 10am-Noon. First program starts Friday, September 6th. (Community Room)

Looking to Start a Club?
Please call the Senior Center at 703-248-5020 for more information.

MARK YOUR CALENDARS –
SENIOR OLYMPICS COMING: SEPTEMBER 14 – 28
Sponsored by the Northern Virginia Senior Olympic Committee and co-sponsored by Northern Virginia Recreation and Parks Departments, the Northern Virginia Senior Olympic Program is held annually in Northern Virginia and open to all adults ages 50 years and older. Both Indoor and Outdoor events offered. Please visit our website at www.nvso.us or call the Senior Center at 703-248-5020 for more information.
The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Department. A wide range of activities is offered Monday-Friday. Please call 703-248-5020 for more information. **Hours of Operation:** Monday-Friday, 9am-3pm.

**REGULAR PROGRAMS INCLUDE:**

**Armchair Fitness**
Exercise with us every Wednesday from 10-10:30am.

**Armchair Travel**
See the world from the comfort of your chair! Join us on the second Friday of each month at 10 am to watch a travel video on a different part of the world. Led by Mary Riley Styles library staff.

**Ballroom Dancing**
Every 2nd Thursday from 1:00-2:45pm

**Blood Pressure Screening**
Held every other Tuesday from 9am-10am.

**Bridge**
Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Both days meet at 10am.

**Bingo**
Meets every Wednesday from 10am-1:30pm.

**Hand and Foot**
If you are up for the challenge, or would like to socialize and play a friendly game, play Canasta with us every Thursday at 9:30am.

**Foreign Language Conversation Groups**
All groups looking for new members. Informal, drop-in groups meet weekly: Some knowledge of the language is expected, these are not teaching clubs. **Tuesdays:** German Conversation at 10am
**Wednesdays:** Spanish Conversation at 10:45am and Italian conversation at 1:30pm
**Thursdays:** French conversation at 10am

**Golden Age Bingo Club**
Meets every Tuesday from 10am-1:30pm.

**Knitting and Crocheting**
Come knit and crochet with us. All levels encouraged. Every Thursday at 10am. This is not a teaching class.

**Lunch Bunch Club**
Come join the Senior Center staff in a lunch outing at different local restaurant each second Monday of the month at 12:15pm. Bring your appetite!

**Military History**
Hear from authors, historians, and those with first-hand accounts about events that shook the world. Alternate Fridays at 10am-Noon (Community Room)

**Modified Senior Yoga**
Every Friday at 2:30pm. Reservations are required. (Community Room)

**Oil and Acrylic Painting**
Every Friday from 12:30-3pm. Open Studio. Work on your own projects. (Art Room) This is not a teaching class.

**Pickleball**
Every Monday from Noon-3pm and Wednesdays from 9:30am-12:30pm (Gym)

**Pinnochle**
Every Monday 12:30pm-3pm

**Watercolor/Drawing Open Studio**
Every Friday from 9:30-12:30pm. Open Studio. Work on your own projects. (Art Room) This is not a teaching class.

**SPECIAL SENIOR CENTER PROGRAMS**

**September:** Fall Celebration
Wednesday, September 25th at 1:30pm

**October:** Halloween Bingo Bash
Wednesday, October 30th at 10am-1:30pm

**November:** Thanksgiving Program
Wednesday, November 20th at 10:30am

**December:** Christmas Sing-A-Long – Wednesday, December 11th at 1:30pm

**SENIOR LIBRARY PROGRAMS**

**New Yorker Article program:**
“Do you enjoy reading The New Yorker but wish you had someone to chat about it with? Drop into the New Yorker reading group to share your thoughts on what you’ve read in a variety of articles. The group meets on the first Thursday of the month from 2-3 pm. Pick up the article at the circulation desk of the Mary Riley Styles Public Library. A librarian will coordinate the discussions. No registration required. First program is September 5 (Senior Center)

**Arm Chair Travel:**
See the world from the comfort of your chair! Join us on the second Friday of each month at 10 am to watch a travel video on a different part of the world. No registration required. First program is September 13 (Teen Center)
SENIOR CLASSES

Diabetes Workshop Series
Do you or someone you know have pre-Diabetes or Diabetes?
The Diabetes Self-Management program is enrolling individuals for a Free 6 week workshop to help people with pre-Diabetes and Diabetes. Workshop is led by 2 trained facilitators.

Topics include:
• Understanding blood glucose levels
• Healthy meal planning
• Keeping physically active
• Foot care
• Preventing complications
• Working with your health care provider
Come meet others living with Diabetes! Enjoy opportunities to give and receive support, encouragement, and learn new strategies.
Instructor: Fairfax County staff
Location: Falls Church Community Center
Class Dates: Tuesdays, 9/10-10/15
Time: 1:30pm-3:30pm
Section#: 161017-A
Maximum Capacity: 18
Cost: Free

AARP Smart Driving Class
A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to “AARP”.
Instructor: Pamela Houghtaling
Location: Falls Church Community Center
Class Dates: October 21 and October 22
Time: Class meets on both days 10am-3pm
Section#: 161011-A
Fees: $15 AARP Members
$20 Non-AARP Members
Maximum Capacity: 22

Protect Yourself from Fraud and Identity Theft
Con artists don’t care how hard you worked. They steal billions from Americans like you every year. We’re fighting back with the AARP Fraud Watch Network. In this session, we will share an inside look at how scammers think and how to safeguard yourself and your family against identity theft and fraud.
Instructor: Pamela Houghtaling
Location: Falls Church Community Center
Class Date: Thursday, December 5th
Time: 10am-Noon
Section#: 161019-A
Fees: FREE
Maximum Capacity: 50

SENIOR CENTER TRIP
Riverside Center - “Christmas Spectacular”
Date: Friday, December 6th
Time: 10am-6:30pm
Section#: 161018-B
Cost: $70 includes show, lunch, transportation

NEW MARYMOUNT UNIVERSITY CLASSES

Try Your Hand at Drawing
This drawing class is designed for students new to drawing and is an introduction to the basic fundamentals of drawing. You will express and record your own observations and expressive ideas using the elements of line, shape, texture, color, size, space, value, rhythm, and perspective. The principles of art and design will be explored as they relate to composition. The emphasis is on personal exploration and having fun – no experience is necessary. The instructor is a Marymount University faculty member who has taught graphic design and study abroad drawing courses. Her personal printmaking and paintings include drawing as the basis for her work.
Instructor: Marymount University faculty
Location: Falls Church Community Center
Class Dates: Thursdays, November 7, 14, and 21
Time: 10am-Noon
Section#: 161013-A
Maximum Capacity: 24
Cost: Free

Understanding Technology
This 3 week session is designed for people who want to know a little more about the technology they use and let them understand a little more about what they have or want to buy: MAC vs PC, laptop vs tablet vs phone, Windows 10 vs Windows 7, Android vs Apple, ensuring safe use of your technology (anti-virus, avoiding phishing, etc), options for Internet connectivity and setting up a router to be secure, automatic updating, and more. It will also include basic things people want to do such as spreadsheets, completely deleting files, finding good data on the Internet, social media, repair etc.
Instructor: Marymount University faculty
Location: Falls Church Community Center
Class Dates: Thursdays, November 7, 14, and 21
Time: 10am-Noon
Section#: 161013-A
Maximum Capacity: 24
Cost: Free

Register for all the classes above at the community center in person, online, or by phone at 703-248-5027.
**ENJOY CITY RECREATION SPACES!**

**Community Center**
The Community Center is located adjacent to Cherry Hill Park and in the heart of the City. It is the perfect place to play basketball, volleyball, tennis, table tennis, pool, air-hockey, and foosball, or to walk, take a class, or just enjoy time with family, friends, and neighbors. It is home to the Senior Center and Teen Center.

The Community Center boasts a full-size gymnasium with a six-hoop basketball court. The Center also has several multipurpose rooms the public can reserve for receptions, meetings, parties, and classes. Call 703-248-5027 to inquire about availability, fees and application.

The Community Center offers several preschool programs in a bright and stimulating room designed and furnished specifically for young children. Preschoolers ages 5 and under are educated and entertained by dedicated staff members. Enrollment is accepted for Summer, Fall and Winter/Spring sessions.

**Picnic Shelters**
Four of the City's parks (Cherry Hill, Berman, Madison, and Roberts Parks) have picnic shelters that are available for rent. Perfect for family gatherings, birthday parties, and group/company picnics. Call 703-248-5027 for availability, fees and application. If a shelter is not reserved it can be used on a first-come first-served basis.

**Tennis Courts**
Lighted courts in the following locations can be reserved by City Residents: Cavalier Trail Park (2 Courts), Cherry Hill Park, (2 Courts) and George Mason High School (4 Courts).

Call 703-248-5027 to or visit Webtrac.fallschruch.gov to make reservations up to one day in advance. Courts can be reserved 1 hour max for singles and 1.5 hours for doubles.

**Fields**
Stay active and apply for a permit to use the Larry Graves Soccer Field. The field is available for rent during the Summer months Mon.-Sun. based on availability. Call 703-248-5027 for availability, fees and application.

**Weddings & Receptions**
The Cherry Hill Farmhouse and grounds can be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. For rental information call the Cherry Hill Farmhouse at 703-248-5171 or visit fallschurchva.gov/CherryHillFarmhouse

**Birthday Party Packages**
Celebrate your child's next birthday at the Falls Church Community Center. Choose the Party in the Gym Package for 1 hour in the gym with our tot-time or various sports equipment and 3 hours in a party room. Enjoy the Teen Center Party Package for 3 hours with the pool, air hockey, ping pong, and foosball tables. Call 703-248-5027 for availability, fees and application.

**CITY PARK AMENITIES**

<table>
<thead>
<tr>
<th>BERMAN PARK</th>
<th>FORT TAYLOR PARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike and bike trail</td>
<td>City kiosk</td>
</tr>
<tr>
<td>Picnic shelter</td>
<td>Historic Trail marker</td>
</tr>
<tr>
<td>Picnic tables and grill</td>
<td>Park bench</td>
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<tr>
<td>Play equipment</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>BIG CHIMNEYS PARK</th>
<th>LINCOLN PARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Park benches</td>
<td>Basketball court</td>
</tr>
<tr>
<td>Picnic tables and grill</td>
<td>Park benches</td>
</tr>
<tr>
<td>Play equipment</td>
<td>Picnic table and grill</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CAVALIER TRAIL PARK/TRIPPS RUN PARK</th>
<th>MADISON PARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball court (lighted)</td>
<td>Basketball court</td>
</tr>
<tr>
<td>Bike and bike trail</td>
<td>Park benches</td>
</tr>
<tr>
<td>Park benches</td>
<td>Picnic shelter</td>
</tr>
<tr>
<td>Picnic table and grill</td>
<td>Picnic tables</td>
</tr>
<tr>
<td>Slide and Swings</td>
<td>Play equipment</td>
</tr>
<tr>
<td>Volleyball court</td>
<td>Water fountain</td>
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<tr>
<td>Water fountain</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>CROSSMAN/FOUR MILE RUN PARK</th>
<th>ROBERTS PARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Park benches</td>
<td>Basketball court</td>
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<tr>
<td>Picnic tables and grill</td>
<td>Park benches</td>
</tr>
<tr>
<td>Slide and Swings</td>
<td>Picnic tables</td>
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</tbody>
</table>

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<thead>
<tr>
<th>DONALD S. FRADY PARK</th>
<th>WEST END PARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Horseshoe court</td>
<td>Park benches</td>
</tr>
<tr>
<td>Game table</td>
<td>Picnic tables</td>
</tr>
<tr>
<td>Gazebo</td>
<td>Play equipment</td>
</tr>
<tr>
<td>Mini-amphitheater</td>
<td>Water fountain</td>
</tr>
</tbody>
</table>

**Falls Church Public Spaces**
The Recreation and Parks Department uses the following school facilities for activities and programs.

<table>
<thead>
<tr>
<th>FALLS CHURCH PUBLIC SCHOOLS</th>
<th>THOMAS JEFFERSON ELEMENTARY SCHOOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>GEORGE MASON HIGH SCHOOL/</td>
<td>(601 South Oak Street)</td>
</tr>
<tr>
<td>MARY ELLEN HENDERSON MIDDLE SCHOOL</td>
<td>Basketball court</td>
</tr>
<tr>
<td>(7124 Leesburg Pike)</td>
<td>Bike and hike trail</td>
</tr>
<tr>
<td>Baseball/softball fields (2)</td>
<td>Park benches</td>
</tr>
<tr>
<td>Running track</td>
<td>Play equipment</td>
</tr>
<tr>
<td>Rectangular fields (2; 1 has artificial turf)</td>
<td>Rectangular athletic field</td>
</tr>
<tr>
<td>Tennis courts (4 - lighted)</td>
<td>Softball/football fields (2)</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>MOUNT DANIEL ELEMENTARY SCHOOL</th>
<th>OTHER RECREATION FACILITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>(2328 North Oak Street)</td>
<td>Falls Church Community Center</td>
</tr>
<tr>
<td>Basketball court</td>
<td>(223 Little Falls Street)</td>
</tr>
<tr>
<td>Play equipment</td>
<td>Cherry Street tennis courts (2)</td>
</tr>
<tr>
<td>Small athletic field</td>
<td>W &amp; OD Bike Trail</td>
</tr>
</tbody>
</table>

**MEMORIAL AND HISTORICAL INTERESTS**
Cherry Hill Farm – House, Barn and Grounds (312 Park Avenue)
Memorial Park (Park Ave. & Little Falls Street)
RESOURCES FOR RESIDENTS

Vehicle Registration (State of Virginia)
To register a vehicle with Virginia, first obtain the state safety and emissions inspections, driver insurance, and a valid title. Then register the vehicle at any Virginia Department of Motor Vehicles customer service center.

Vehicle Registration (City of Falls Church)
Once a vehicle is registered with the state, it must be registered with the City. Complete the vehicle registration in person at city hall (room 104E) or you can register online or by fax or mail by completing the Motor Vehicle Registration Form at www.fallschurchva.gov/VehicleRegistration and following the instructions provided there. Please be sure to include the owner or lessee's DMV Driver's License number and daytime phone number. The Treasurer's Office will bill for the city decal; once paid, the registrant will be sent the decal in the mail.

Voter Registration
Voter Registration applications for new and existing Virginia residents may be filed with the DMV or the City Registrar. Registrations are due at least 29 days before a primary or general election or 14 days before a special election.

Taxes
The Treasurer's Office handles tax billing, relief, and payments: 703-248-5046 (TTY 711) or treasurer@fallschurchva.gov.

The Office of the Commissioner of the Revenue handles business taxes, personal property tax assessments, and assists with income tax filing: 703-248-5065 (TTY 711) or commissioner@fallschurchva.gov.

The Office of the Real Estate Assessor determines the current market value of taxable and tax exempt properties as of January 1 each year. The City Council uses these values to determine the annual tax rate. Questions? Call 703-248-5022 (TTY 711) or realestate@fallschurchva.gov.

Public Schools
The are five schools in the Falls Church City Public Schools system: Jessie Thackrey (Preschool), Mount Daniel Elementary (Kindergarten and First Grade), Thomas Jefferson Elementary (grades 2-5), Mary Ellen Henderson Middle (grades 6-8), and George Mason High (grades 9-12).

For information on how to register a child, call 703-248-5600 (TTY 711). More information is available at www.fccps.org.

Parking Permits
In order to park on certain City streets, you must have a parking permit issued by the Police Department: 703-248-5054 (TTY 711).

Focus on Falls Church Newsletter
Get current City news with Focus on Falls Church Newsletter, the e-newsletter produced by the Office of Communications. Find the latest information about the City's environmental services, economic development, safety issues, and news about upcoming events. Sign up for this free service by entering your e-mail address in the “eFOCUS Newsletter” box on the right-hand side of the Home Page.

Pet Licenses
Dogs must be vaccinated against rabies and licensed with the City. Licenses must be obtained within 30 days of moving into the City of Falls Church for dogs over four months of age. The license fee is $10 for fertile dogs and $5 for neutered/spayed dogs. Licenses are issued by the Treasurer's Office: 703-248-5046 (TTY 711).

Cats over four months of age must be vaccinated against rabies but do not need to be licensed with the City.
The Department of Public Works (DPW) manages weekly curbside collection of trash, compost, bundled brush, yard waste and recyclables; special residential collection of bulk items; the City's Recycling Center; and more.

**Trash Collection**
Trash is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one gray rolling trash cart per address. These carts are the property of the City and must stay with the residence.

**Excess Trash**
Each bag of trash that does not fit in the City-issued trash cart requires an Excess Trash Sticker, which can be purchased for $1 at City Hall, Brown's Hardware, and Giant Food Store. See the City’s website for additional information and restrictions.

**Recycling Collection**
Recycling is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one green rolling recycling cart per address. These carts are the property of the City and must stay with the residence.

**Compost Collection**
The City offers a variety of food waste composting services, the first programs of their kind in Virginia. Curbside collection is available for $6 per month or $66 per year. Services include an air tight collection bin, compostable liners and finished compost each spring. Food waste can also be taken to the community drop-off center (free) behind City Hall. Sign up and learn more at www.fallschurchva.gov/compost.

**Excess Recycling**
There is no fee for excess recycling. Recycling that does not fit in the City-issued cart or bin may be placed in personal containers clearly marked “recycling,” cardboard boxes, and paper bags. Do not put recycling in black or white trash bags.

**Yard Waste Collection**
Properly prepared yard waste in paper bags with $1 Yard Waste Stickers will be collected once a week on Wednesdays, year-round (except on observed City holidays). Yard waste includes only trimming arising from general landscape maintenance, like grass, leaves, plant and shrub trimmings, and other items too small to include with bundled brush. Do not include non-compostable garden debris such as sod, dirt, rocks, sand, or lumber.

**Bundled Brush Collection**
Properly prepared brush bundles are picked up free of charge on Wednesdays, year-round (except on observed City holidays). Special Bulk Collections are available for unbundled brush. Brush includes tree branches, small tree stumps, and larger shrub trimmings. Brush must be cut in five-foot lengths with no individual branch or trunk larger than six inches in diameter. To prepare for pick-up, either securely tie branches with cord or twine, or place branches neatly in one direction in a tote, bin, or container marked “brush.”

**Holiday Schedule**
If a designated City holiday falls on a Wednesday, recycling, trash, and yard waste collection will occur on Saturday. Due to lighter loads, crews will be in your neighborhood earlier than expected. Please make sure items are curb side the night before.

**Leaf Collection**
Leaves are collected from residential streets in the fall. To prepare, rake loose leaves to the curb but avoid placing them in the street. Pile leaves away from storm drains and water meter covers. Remove stones, litter, branches, or other debris that may damage equipment. Collection schedules are available online: www.fallschurchva.gov/397

**Special Collection**
Special bulk collections are available for items too large or heavy to fit into a trash container. Residents may request a Special Collection by calling 703-248-5160, ext. 1 (TTY 711), before noon on Tuesday for Wednesday collection. The fee is $75 per two cubic yards of material; appliances are charged separately at $30 each.

**Missed Collection?**
If your items are properly prepared and set out by 7 a.m., they will be collected. Please leave items at the curb after reporting a missed collection. Questions? Call 703-248-5160, ext. 1 (TTY 711).

**Backyard Composting Workshop:**
Learn how to compost! Topics include: composting yard waste, leaf mulching in your yard, making compost tea, composting food waste properly, and vermicomposting. First three participants will receive free backyard compost bins. Workshop is free. RSVP to Master Gardener Sandy Tarpinian at shoptarp@gmail.com.

**Location:** Cherry Hill Park Picnic Shelter
**Time:** 2-4 pm
**Date:** Sunday, September 22, 2019
ABOUT THE LIBRARY
The Mary Riley Styles Public Library is a full service library providing access to items in a wide range of formats: books, periodicals, CDs (recorded books and music), DVDs and downloadable content (streaming videos, eBooks, eAudiobooks, eMagazines, and eMusic). Computer access in the building includes 16 internet work stations, free Wi-Fi, and color and b/w laser printing. Patrons can additionally connect to nearly 20 research databases from home including Consumer Reports with a valid MRSPL card. Library services include book discussion groups, storytimes, summer and winter reading programs, internet tutoring, and a Local History Room. The library has two 24 hour exterior book drops, one of which is drive-thru.

Getting A Library Card
The library serves residents, employees, and property owners of the City of Falls Church and through reciprocal agreement, citizens within the Metropolitan Washington Council of Government (for a complete listing, please see our website). A subscription card is available for an annual fee for patrons who do not meet these residency requirements. Apply for a library card in person, at the library, or online at www.fallschurchva.gov/GetALibraryCard.

Ebooks & More
With your MRSPL card, you can borrow from our growing collection of eBooks, eAudiobooks, eMagazines, and eMusic for use on your PC/Mac, tablet, or phone. Chose from thousands of popular books, magazines, and songs! To learn more about these wonderful online services, visit our website at www.fallschurchva.gov/Downloadable.

Library Expansion and Renovation Project
In the Fall the Library will move to the trailers next to Thomas Jefferson Elementary School at 601 S. Oak St. The 120 N. Virginia Ave location will be closed and under construction for approximately 12-14 months. We anticipating opening the newly renovated and expanded building in December 2020. As we move closer to the date complete information will be available on our website www.fallschurchva.gov/Library.

Youth and Teen Services
The Youth Services department provides programming and services to infants, children, teens, and families. Regular infant and preschool storytimes are offered throughout the year. We have STEM and craft programs for school-age kids in addition to book discussion groups for middle and high school students. During the summer we offer the summer reading program for all ages. Please see our webpage at www.fallschurchva.gov/YouthandTeenServices or call the Youth Services desk at 703-248-5034 (TTY 711) for more information.

Adult Programs and Services
A wide range of adult programs and services are available throughout the year, including: three book discussion groups (with one geared exclusively toward seniors); 1-on-1 internet tutoring; a weekly ESL conversation group; an adult Summer Reading Program (with amazing prizes!); and a variety of other topics (like health and wellness). Please visit the library's webpage at www.fallschurchva.gov/library or call the Reference Desk for more information.

For complete listing of all our programs for children, teens, and adults please visit the library website at www.fallschurchva.gov/library or calendar at www.fallschurchva.gov/LibraryCalendar.

Interested in research tools? Learn more at www.fallschurchva.gov/ResearchTools
SPECIAL EVENT VENDOR & SPONSORSHIP OPPORTUNITIES

If you’re looking for broad-reaching exposure in the Falls Church area, you’ll find it as a Sponsor or Vendor of a City of Falls Church Special Event. From the region’s premiere Memorial Day Parade and Festival to our multi-day Holiday Gift and Craft Show, reach future customers year-round at one of seven events hosted by the City of Falls Church Recreation and Parks Department.

<table>
<thead>
<tr>
<th>Upcoming Special Events in 2019 and 2020</th>
<th>Sponsorship Opportunities</th>
<th>Vendor Opportunities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Halloween Carnival</strong></td>
<td>✓ Sponsor levels start at $500</td>
<td>————</td>
</tr>
<tr>
<td>Saturday, October 26, 2019</td>
<td></td>
<td></td>
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<tr>
<td>3,000+ attendance (families with children 0-11)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Holiday Gift and Craft Show</strong></td>
<td>✓ Sponsor levels start at $1,000</td>
<td>✓ Ideal for Local Crafters &amp; Merchants</td>
</tr>
<tr>
<td>Saturday &amp; Sunday, December 7 &amp; 8, 2019</td>
<td></td>
<td></td>
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<tr>
<td>2,000+ shoppers attend the two-day show</td>
<td></td>
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<tr>
<td><strong>Easter Egg Hunt</strong></td>
<td>✓ Sponsor levels start at $800</td>
<td>————</td>
</tr>
<tr>
<td>Saturday, April 11, 2020</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2,000+ attendance (families with children 0-11)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Memorial Day Parade and Festival</strong></td>
<td>✓ Sponsor levels start at $1,000</td>
<td>✓ Open to Civic Grps, Artist/Crafters, &amp; Food Vendors</td>
</tr>
<tr>
<td>Monday, May 25, 2020</td>
<td></td>
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<tr>
<td>12,000+ attendance for all-day event</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Independence Day Celebration</strong></td>
<td>✓ Sponsor levels start at $3,000</td>
<td>✓ Food Vendors Only</td>
</tr>
<tr>
<td>Saturday, July 4, 2020</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10,000+ attendance for music and fireworks</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Falls Church Festival</strong></td>
<td>✓ Sponsor levels start at $1,000</td>
<td>✓ Open to Civic Grps, Artist/Crafters, &amp; Food Vendors</td>
</tr>
<tr>
<td>Saturday, September 12, 2020</td>
<td></td>
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<tr>
<td>8,000+ attendance, featuring “Taste of Falls Church”</td>
<td></td>
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<tr>
<td><strong>Sunset Cinema</strong></td>
<td>✓ Sponsor levels start at $1,500</td>
<td>————</td>
</tr>
<tr>
<td>Fridays in September and October 2020</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Free outdoor movie series in Cherry Hill Park</td>
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</tbody>
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Visit [www.fallschurchva.gov/events](http://www.fallschurchva.gov/events) for applications, rates, and all upcoming events.

Contact Special Events Coordinator Scarlett Williams at 703-248-5199 (TTY 711) or sawilliams@fallschurchva.gov for questions and more information.
How to Register

On-line: Go to www.fallschurchva.gov/recreation. Full payment is required at the time of registration. Registration begins at 8am on the first day of registration.

Walk-in: 223 Little Falls St. There are no registration forms to complete. Registration begins at 8am on the first day of registration.

Mail-in: Mail-in registrations are processed at the end of the business day. Complete the registration form below, include payment, and mail to Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046

Phone-in: Phone in registration begins at 10am on August 12 and August 19. To register, call 703-248-5027 and have your credit card ready.

Registration Form

For More Information: Call 703-248-5027; Fax 703-536-8150
Mail to Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046.
Make checks payable to City of Falls Church. Only one family per form. Photocopies are accepted.
A check payment must accompany registration. Late registrations are accepted if an opening is available.

Primary Household Last Name: ___________________________ First Name: ______________________________________________________________
Address: __________________________________________________________________________________________________________________________
City: ___________________________________________________________State: _________________________Zip: ______________________________
Evening Phone Number: (      ) ____________________________Day Phone Number: (      ) _________________________________________________
Cell Phone Number: (       ) _______________________________ Email: ___________________________________________________________________
________________________________________________________

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Male/Female</th>
<th>Date of Birth</th>
<th>Activity Registration #</th>
<th>Activity Name</th>
<th>Activity Fee</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

Total

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advise of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: __________________________________________________________________________________________________________
Date: __________________________________________________________________________________________________________________________

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Registration Starts
Falls Church City Residents:
Monday, August 12, 2019

Non-City Residents:
Monday, August 19, 2019

Register Early: All classes are filled on a first-come, first-served basis. Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.

Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call 703-248-5027 for more information.

Registration Starts
Falls Church City Residents:
Monday, August 12, 2019

Non-City Residents:
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General Information

MISSION STATEMENT
The mission of the Falls Church Recreation and Parks Department is to provide a year-round program of recreation and leisure-time activities for all groups and interest levels. The Department is dedicated to enhancing the quality of life and fostering a sense of community by providing superior recreational, educational and cultural services and through the effective maintenance and protection of the City's natural resources.

Open Gym Pricing
Register at the front desk before entering the gym
City Residents: Free
Non-City Residents 5 and under: Free
Non-City Residents 6-18 or 65+: Free
Non-City Residents 19-64: $3
Hotline: 703-248-5077
Call the hotline above for the current schedule or visit www.FallsChurchVA.gov/OpenGym.

Facility Locations
Falls Church Community Center
223 Little Falls Street
Cherry Hill Farmhouse
312 Park Ave.
George Mason High School
7124 Leesburg Pike
Mary Ellen Henderson
7130 Leesburg Pike

Brochure Availability
The brochure is available on-line at www.fallschurchva.gov/recreation. If you are a non-resident and prefer a mailed copy, please call 703-248-5027 or email recreation@fallschurchva.gov.

Class & Athletic Program Refund Policy
For refunds submitted...
Ten or more days before the activity start date................................. 80% Refund/ 90% Credit
Five to nine calendar days before the activity start date.................................90% Credit only
Less than five calendar days before the activity start date................................. No Refund/ No Credit
Programs cancelled by the Department... 100% Refund/ Credit

Camp Refund Policy
For refunds submitted...
More than fourteen days before the camp start date........................... 80% Refund/ 90% Credit
Less than fourteen calendar days before the camp start date............................... No Refund/ No Credit
Camps cancelled by the Department....... 100% Refund/ Credit
Some camps have different refund policies which are listed in the camp description. Special refund requests will be considered for medical reasons submitted with a doctor's note or relocation of at least 25 miles from the City of Falls Church. To request a credit or refund a “Request for Refund/Household Credit” form must be completed and submitted. All requests are handled using the guidelines listed above.

Inclement Weather Policy
Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. For up-to-date information, please call the inclement weather hotline at 703-248-5077.

Holidays: Classes will not be held on City-observed legal holidays unless otherwise noted. No classes held October 14, November 11, November 28-December 1, and December 7-8.

Registration Dates
Residents: August 12
Non-Residents: August 19

Policy of Non-Discrimination on the Basis of Disability:
The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Cindy Mester, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5027, (TTY 711).

Photographic Release:
By participating in programs and using our facilities, you are granting the City of Falls Church and the Parks and Recreation Department permission to use photographic images of you and/or your minors for marketing purposes.
Facility Rentals

For more information about hosting your next birthday party, family reunion or meeting at one of our facilities, visit www.fallschurchva.gov/rentals or call us at 703-248-5027 (TTY 711).

Outdoor facilities available for rentals:

Berman Park Picnic Shelter

Cherry Hill Park Picnic Shelter

Madison Park Picnic Shelter

Roberts Park Picnic Shelter

Downtown Plaza

Indoor facilities available for rentals:

Art Room

Community Room

Senior Center

Cherry Hill Farmhouse

Birthday Party Packages:

Pair a party room and half the gym for a birthday featuring basketball or tot time equipment. This party package offers a party room for 3 hours and half the gymnasium for one hour.

Our party in the Teen Center Package is for a three hour rental. Teen Center amenities include a large screen television, shuffleboard table, ping pong table, billiards table, air hockey table, foosball table and a serving area which include a mini refrigerator and microwave.
From movies under the stars to a day full of local food, pony rides and music, special events in the City of Falls Church provide unique experiences for all ages. We invite you to not only attend our special events, but become involved.

Sponsor a special event, make a donation or volunteer!

For more information on any special event and how you can get involved, please contact the Recreation & Parks Dept. at 703-248-5027 or recreation@fallschurchva.gov.

Be a part of what makes the City of Falls Church a special place!

Upcoming Special Events this Season...

**Sunset Cinema**  September 20, 27 and October 4
**Falls Church Festival**  Saturday, September 14
**Farm Day**  Saturday, October 12
**Halloween Carnival**  Saturday, October 26
**Holiday Craft Show**  Saturday and Sunday, December 7-8