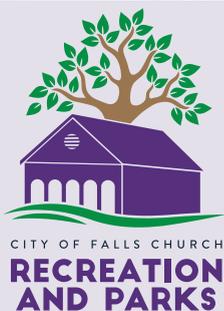


# Falls Church Recreation & Parks



## Fall 2020

Registration Dates:

Residents: August 24; Non-Residents: August 31

Register Online at [www.fallschurchva.gov/recreation](http://www.fallschurchva.gov/recreation)

Dear Residents,

COVID-19 has brought challenges to the world of recreation and parks, mainly that of social distancing. “The more the merrier,” was the typical thought, and social distancing was the furthest thing from our minds. We take this challenge as a new opportunity to reinvent what we do for our community. We will keep some of the classic successful programming that defines us, and introduce new and well thought-out programming with careful attention to safety, health, inclusivity, and equality.

Our Recreation and Parks team has been working hard throughout this COVID-19 pandemic to continue to provide high quality programs and amenities to our community. We are proud of our successes over the last few months:

- Our Farmers Market took only one week off and has been operating successfully by limiting the number of shoppers in the market at a time, practicing social distancing protocol, and following local health department guidelines for helping to stop the spread of the virus.
- Parks and amenities are open. If you're planning tennis, don't forget to make a reservation. Visit [www.fallschurchva.gov/tennis](http://www.fallschurchva.gov/tennis).
- The department has established a Temporary Commercial Use permit to support local businesses and non-profits.
- Our Virtual Community Center newsletter keeps readers engaged with fun activities to do from home.
- A Historic Scavenger Hunt was held in place of our Independence Day celebration and was met with great success.
- Staff updated our health and safety guidelines in adherence with guidance provided by the CDC, Governor of Virginia, state and local health departments and the Virginia Department of Social Services. We were able to offer many of our originally scheduled camps this summer by implementing these new safety precautions. The work done in preparation for this summer will continue on and be used this fall for our e-Learning program, REC CONNECT and our fall slate of classes.

In this brochure, you'll find a variety of indoor, in-person classes, outdoor classes and virtual classes to meet everyone's comfort level. All classes being held in-person are done so in accordance with revised health and safety guidelines. The Community Center is only open to individuals attending scheduled classes and we cannot permit family members to remain in the building during classes.

Our youth sports benefit children by teaching teamwork, leadership and providing physical activity. Youth soccer and flag football will be offered, but will look very different and run more like clinics with children being placed on larger teams and training or scrimmaging within their team weekly.

Our senior citizens will have a number of outdoor options this fall like bingo and pickleball. We look forward to welcoming them back inside the Community Center as soon as we are able.

While we have found creative ways to modify many of our programs, we are not able to offer the following programs this fall:

Open Gym and Drop-In Use of the Community Center  
Traditional Senior Center Programming  
Tot Time  
Fall Preschool Program  
Falls Church Festival

Farm Day  
Halloween Carnival  
Tours at the Cherry Hill Farmhouse.  
Indoor Rentals (Picnic Shelter rentals are available)

Our staff continues diligently working to find alternatives to these programs.

On a separate but equally important matter, the City of Falls Church Recreation and Parks Department stands side-by-side with other departments and City Council by ensuring that we help in the Black Lives Matter movement. Our priority is to always think about inclusivity when programming, and always ask the question of how we can help unite our community, our region, our world. The City remains proud of our parks and all programming that makes up the Recreation and Parks Department and will continue to use both in this most important platform of equality.

Sincerley,

Daniel J. Schlitt  
*Director, Recreation & Parks*

## Farmers Market



**OPEN YEAR ROUND!**

**Saturdays in City Hall Parking Lot,  
300 Park Avenue**

**Now-December 26, 2020 8am-Noon**

**January 2-March 27, 2021, 9am-Noon**

Enjoy fresh fruit, vegetables, flowers and more!

## More Information Coming Soon:

**Sunset Cinemas -  
September and October**

**Halloween Spooktacular -  
October**

**Fall Scavenger Hunt -  
November**

**Holiday Gift and Craft Show -  
December**

## Falls Church Community Center, Kenneth R. Burnett Building

Until further notice, Falls Church Community Center, Kenneth R. Burnett Building remains closed for drop-in use. Access to the building is permitted only by registered class participants.

Our customer service staff is available to help by calling (703) 248-5027, Mondays through Fridays from 8am to 4pm.

On weekdays during the fall of 2020, the building will operate as an e-Learning Center during school hours, then close for cleaning, and reopen at 5pm for evening classes. On weekends, the building will be open only when classes are scheduled.

The building will be completely closed on Monday, September 7, Thursday through Sunday, November 26-29 and December 25.

Until further notice, there is no open gym.

## Phone Numbers

<b>Falls Church Community Center</b> .....	<b>703-248-5077</b>
<b>Recreation &amp; Parks Department Office</b> .....	<b>703-248-5027</b>
<b>Falls Church Senior Center</b> .....	<b>703-248-5020</b>
<b>Teen Center Office</b> .....	<b>703-248-5325</b>
<b>Cherry Hill Farmhouse</b> .....	<b>703-248-5171</b>
<b>Fax</b> .....	<b>703-536-8150</b>
<b>Open Gym</b> .....	<b>703-248-5077</b>
<b>Inclement Weather Hotline</b> .....	<b>703-248-5077</b>

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## Recreation & Parks Staff

**Daniel J. Schlitt**, *Director*  
**Amy Youngs**, *Hobby Class Coordinator, Deputy Director*  
**Jimmy Ruby**, *Sports Coordinator, Senior Program Supervisor*  
**LaShawn Timmons**, *Program Supervisor*  
**Scarlett Williams**, *Special Events, Program Supervisor*  
**Ryan Amato**, *Camps and Youth Sports, Program Supervisor*  
**Tracy Browand**, *Senior Center Coordinator, Senior Recreation Specialist*  
**Corey Jannicelli**, *Cherry Hill Farmhouse Coordinator, Recreation Specialist*  
**Taylor Ford**, *Recreation Specialist*  
**Lisa Reid**, *Administrative Assistant*  
**Howard Herman**, *Farmers' Market Manager*  
**Mike Noyes**, *Crew Leader, Parks and Landscape Maintenance*  
**Juan Salguero**, *Building Maintenance Worker*  
**William Andrews**, *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*  
**Leslie Rye**, *Vice Chair*  
**Kathryn Chandler**  
**Bill Brew**  
**Laura Downs**, *School Board Representative*  
**Letty Hardi**, *City Council Liason*  
**Kim Hicks**  
**Melissa Teates**, *Planning Commission Representative*



# Enrichment Classes

virtual

## Slime Time 5-7 years

Who doesn't LOVE slime?! It's easy to make and guaranteed FUN! Some are magnetic, some are inspired by famous wizarding books. Others are glittery or glow in the dark. It doesn't matter how we make it, it's the fun that comes in figuring it out. Our slime class is designed to see just how many ways and kinds of slime we can create. We'll discuss what an activator is and why no slime is complete without it. We'll learn how different ingredients will change the outcome, texture and use of slime. Slime is awesome, but learning why it works is pretty cool too. Supplies will be mailed to participants.

**Wed: 9/16-12/9\* 4-5pm**

120760-A R: \$210 / NR: \$230

\*No class dates 11/11

**Instructor:** Baroody Camps

**Location:** Virtual

outdoors

## Run Club 5-12 years

Is your child ready to burn off some steam during this crazy time & have some fun? Join this co-ed running club where your child will have the chance to meet new friends, have a team building experience, move their bodies with fun running activities such as relays, speed, agility & quickness, & pacing all packed into an hour of movement, character building, and team fun. We will be building our cardiovascular system and muscles.

**Mon: 9/14-10/26 3-4pm**

120510-A R: \$90 / NR: \$110

\*No class dates 10/12

**Instructor:** Baroody Camps

**Location:** Larry Graves Synthetic Field

virtual

## Online Chess Club with Silver Knights

### 5-13 years

Join us for an online chess club! Each week you'll get access to a live small group class with a 30 minute lesson and 30 minutes of practice games with a great instructor. In addition, you'll get access to great additional online offerings like weekly online tournaments and bonus broadcast lessons! Registered participants will be emailed a link prior to the first class.

**Tue: 10/6-10/27 6-7pm**

120785-A R: \$79 / NR: \$99

**Instructor:** Silver Knights Enrichment

**Location:** Virtual

indoors

## Adrenaline Cheer

### 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! In the event the City decides that classes can no longer meet in-person, this class will move to a zoom format.

**Thu: 9/17-12/10\* 6:15-7:15pm**

120411-A R: \$179 / NR: \$199

\*No class dates 11/26

**Instructor:** Adrenaline Staff

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

indoors

## Science Magic

### 6-9 years

Get hands-on in this class! Experiment with and zoom in on biology, math, chemistry, and the environment, while learning and practicing important 21st century social and emotional skills like Growth Mindset, Self-Awareness, Creativity and Communication. At the end of the session, students amaze their audience (physical and virtual) with a Science Magic show! Parents receive weekly communication on the progress of their children along with additional resources that will help their children continue their hands-on learning and experimentation at home.

**Sat: 9/19-11/21 10am-12pm**

120733-A R: \$600 / NR: \$620

\*No class dates 11/23

**Instructor:** iSchool for the Future

**Location:** Preschool Room

indoors

## Restaurant Creation

### 6-12 years

If your Tiny Chef dreams of someday having their own restaurant, this is the program for them! Students will produce different courses (appetizer, main dish, and dessert) & build a restaurant through activities! Students will also be working on a final idea for their own restaurant, expanding on the types of food their particular restaurant would serve based on experiences that have had in this session.

**Sat: 9/19-10/24 11am-12pm**

120307-A R: \$150 / NR: \$170

**Instructor:** Tiny Chefs

**Location:** Teen Center

## KEY

virtual

**Virtual** – Classes are held online. Participants will receive a link to join prior to the first class.

outdoors

**Outdoors** – Classes are held outdoors. In the event of inclement weather, the class instructor will email participants if the class is being canceled. Social distancing of 6' is required and 10' for physical activities.

indoors

**Indoors** – Classes are held inside the Falls Church Community Center. Social distancing of 6' is required and 10' for physical activities. Masks are required inside the Falls Church Community Center.

hybrid

**Hybrid** – The instructor is teaching the students indoors while also streaming the class for those participating online. Students in the virtual version of these classes will be emailed a link prior to the first class. In-person participants must maintain social distancing of 6' or 10' for physical activities. Masks are required inside the Falls Church Community Center.

**virtual**  
**Cupcake Wars**

**6-12 years**

Cupcakes are all the rage and it's a trend that's clearly here to stay! If you've ever been curious about how the pros make those cupcakes so precious and ornate, and if competition is your middle name, then this is the program for you! We will go over cupcake basics - measuring, mixing, baking, and frosting.

Each weekly enrichment class will include:

Self-paced learning sessions that consist of recipes, guided video instruction, activities, mindfulness journaling, and quizzes.

What your family will need:

- A computer or tablet with access to the internet
- A printer to download and print the documents that accompany camp lessons
- Ingredients and supplies for the recipes. Tiny Chefs will send the shopping lists within 5-7 days before each class.
- Basic craft supplies (scissors, crayons, glue, etc.)

**Wed: 9/16-11/25 4:30-5:30p**  
120308-A R: \$119 / NR: \$139

\*No class dates 11/11

**Instructor:** Tiny Chefs

**Location:** Virtual

**indoors**  
**Crochet with Rebecca Carey 8-12 years**

Crocheting is a wonderful craft form! It is fun, artistic, relaxing, and allows us to create special items for ourselves and others. In this class we will learn the basics of crochet and create our own scarves, perfect for the coming fall weather! This class is designed for the total beginner, with opportunities for more experienced students to learn new skills as well. Supplies are provided.

**Tue: 9/15-12/1\* 5-6pm**  
120121-A R: \$95 / NR: \$115

\*No class dates 11/3

**Location:** Art Room

**Instructor:** Rebecca Carey

**indoors**  
**Spy Science! 8-12 years**

How do detectives and investigators use science to solve a mystery? We will spend this class understanding forensic science and learning the tricks of the spy trade. We'll investigate fingerprints, spying techniques (surveillance), secret codes, invisible ink, evidence under a black light, and other sneaky science!

**Mon: 9/14-12/7\* 5:15-6:15pm**  
120762-A R: \$215 / NR: \$235

\*No class dates 10/12

**Instructor:** Baroody Camps

**Location:** Teen Center

**virtual**  
**Financial Freedom for Teens: Millionaires in Training 13-18 years**

We use a modified curriculum produced by NEFE (National Endowment for Financial Education) infused with iSchool's Growth Mindset-based responsive curriculum and virtual trips to financial landmarks / meeting with guest speakers (e.g. bank, stock exchange, meetings with financial advisor and loan officer etc).

Students will have access to the class materials and instructions for independent work outside of each class. Parents receive updates on the progress of their children.

**Sat: 9/19-11/21 3-4:30pm**  
140705-A R: \$450 / NR: \$470

**Instructor:** iSchool for the Future

**Location:** Virtual

**ART**



**indoors outdoors**  
**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.

**Indoors:**  
**Sat: 9/19-11/7 10-10:40am**  
110101-A R: \$128 / NR: \$148

**Outdoors:**  
**Mon: 9/14-11/9\* 10:30-11:10am**  
110101-B R: \$128 / NR: \$148

**Tues: 9/15-11/10\* 10:30-11:10am**  
110101-C R: \$128 / NR: \$148

**Wed: 9/16-10/21 10:15-10:45am**  
110101-D R: \$96 / NR: \$116

\*No class dates 10/12, 11/3

**Instructor:** Abrakadoodle

**Location:** Indoors-Senior Center; Outdoors: Roberts Park Shelter

**!** Please understand that programs may be modified or suspended based on the impact of COVID-19. The Recreation and Parks Department reserves the right to make changes that are in the best interest of participants and instructors.

# Art Classes



## Mini Doodlers 3-6 years

This is a special art class just for toddlers and parents (or helpers). 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. Participants enrolled in the virtual option will be emailed a link.

### Indoors:

**Sat: 9/19-11/7** 11:10-11:55am  
110102-A R: \$128 / NR: \$148

### Outdoors:

**Tues: 9/15-11/10\*** 11:40am-12:25pm  
110102-B R: \$128 / NR: \$148

**Wed: 9/16-10/21** 11:15am-12:00pm  
110102-C R: \$96 / NR: \$116

### Virtual:

**Mon: 9/21-11/16\*** 3:15-4:00pm  
110102-D R: \$128 / NR: \$148

**Sat: 9/19-11/7** 11:00-11:45am  
110102-E R: \$128 / NR: \$148

\*No class dates 10/12, 11/3

**Instructor:** Abrakadoodle

**Location:** Indoors-Senior Center; Outdoors: Roberts Park Shelter



## Elementary Artistic Drawing 5-10 years

Young Rembrandts is in full swing again this Fall, as we present drawing lessons that encompass a fascinating world of characters, pattern, and color. Appetites don't stand a chance against the realistic Pizza our students will create. Watch out for our adorable Baby Sloth, the cutest character we'll be drawing all month, and we can't forget to celebrate the fall season with one of our favorite art history portraits, Hiawatha. All this and more await your child in a Young Rembrandts classroom! Sign up today!

**Sat: 9/26-10/31** 10-11:30am  
120112-A R: \$205 / NR: \$225

**Sat: 11/7-12/19\*** 10-11:30am  
120112-B R: \$205 / NR: \$225

\*No class dates 11/28, 12/5

**Instructor:** Young Rembrandts

**Location:** Art Room



## Online Elementary Artistic 5-10 years

LIVE ONLINE YOUNG REMBRANDTS PROGRAMS are available now! We are excited to announce that we are offering Live Online Drawing Lessons this Fall conducted via ZOOM platform! The students will be able to interact with the art instructor and see their friends in front of their computer while having fun with the art lessons.

**Supplies needed:** 8.5"x11" paper, pencil, eraser, black Sharpie, color markers, color pencils.

**Sat: 10/10-12/5\*** 10-11am  
120118-A R: \$160 / NR: \$180

\*No class dates 11/7

**Instructor:** Young Rembrandts

**Location:** Virtual Class



## On-Demand Video Elementary 5-10 years

ON-DEMAND PROGRAMS are available now! We are excited to announce that we are offering recorded lessons for the kids to have fun anytime during the day. You'll get the lesson at home! Register as usual and we'll deliver your video-recorded lesson right to your inbox - no schedule, no restrictions. Just complete the drawing when convenient! This will help your kid stay focus while schools are shut down and after school activities are suspended. These exclusive videos are developed for at home viewing and learning and are taught by our Founder and CEO, Bette Fetter. Students will be able to watch the video at their convenience (up to 5 times), pausing when needed. The lessons can be completed by elementary aged children with little to no assistance.

**Supplies needed:** 8.5"x11" paper, pencil, eraser, black Sharpie, color markers, color pencils.

**Join Anytime**

**120119-A R: \$120 / NR: \$140**

**Instructor:** Young Rembrandts

**Location:** Virtual Class



## Clay Makers! 5-12

The magic of clay is awesome! Whether it's jewelry for mom, animals in the wild, a garden of flowers and bugs, keychain emojis, new additions to an old mug, if you can think it, chances are we can make it. The possibilities are endless, so we're definitely going to try it out! Each class we will use our clay craft tool kit to tackle projects with clay and see how creative we can get.

Materials are included in the price of the camp. Materials will be mailed to families prior to the first class.

**Thur: 9/17-12/10\*** 4-5pm  
120152-A R: \$190 / NR: \$210

\*No class dates 11/26

**Instructor:** Baroody Camps

**Location:** Virtual



## Doodlers

### 6-12 years

This popular multi-media art program helps kids stretch their creative muscles and exercise their right brains in action oriented classes filled with color, texture, shape and fun! Our art lessons are carefully crafted to promote uniqueness and imaginative thinking as kids create their own unique masterpieces through painting, drawing, cutting, molding and exploring creative materials. Each lesson introduces a new technique and artist's style. Participants enrolled in the virtual option will be emailed a link.

### Indoors:

**Wed: 9/16-11/4** 5-6pm  
120148-A R: \$140 / NR: \$160

**Sat: 9/19-11/7** 12:25-1:25pm  
120148-B R: \$128 / NR: \$148

### Outdoors:

**Sat: 9/19-10/24** 1-2pm  
120148-C R: \$105 / NR: \$125

### Virtual:

**Tues: 9/15-11/10\*** 5-6pm  
120148-D R: \$140 / NR: \$160

**Sat: 9/19-11/7** 1-2pm  
120148-E R: \$140 / NR: \$160

\*No class dates 10/12, 11/3

**Instructor:** Abrakadoodle

**Location:** Indoors-Senior Center; Outdoors: Roberts Park Shelter

virtual

## Digital Art 6-8 years

This hands-on class combines creative design, art and technology, inspiring children to design their characters and bring them to life through animation tools, a comic strip and a story board, combining traditional art mediums with digital apps and online programs. Students will have access to the class materials and instructions for independent work outside of each class. Parents receive updates on the progress of their children.

**Tue: 9/15-11/24 4-5pm**

120758-A R: \$300 / NR: \$320

**Instructor:** iSchool for the Future

**Location:** Virtual

indoors

## Minecraft: Pokémon

### 6-9 years

\*Children must be able to read\*

Minecraft POKEMON will allow students to merge the world of Minecraft with some of the best characters in POKEMON. This combination allows players to build with a variety of different blocks in a 3D world. Each student develops real world skills in spatial awareness, time management and planning, while exploring the ever-growing world of Minecraft through the eyes of POKEMON. During our program, each student will use Minecraft's software to build, craft, and design a universe of their own within a structured class and session. Along with our guidance, students will use time management to plan their construction and create a world all their own.

**Tue: 9/15-11/10\* 5:15-6:15pm**

120761-A R: \$180 / NR: \$200

\*No class dates 11/3

**Instructor:** Baroody Camps

**Location:** Teen Center

virtual

## Visual Programming Using Scratch 6-9 years

**Software:** Scratch 2.0 **Skill Level:** Beg.-Int. 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.

**Requirements:** We ask parents to create an account at Scratch.MIT.edu for class (Any computer, while scratch will run on tablets we cannot guarantee that all of our lesson controls will be compatible with tablets). They may download the Scratch software or use Scratch in the browser on the website. No other software will be used for class. We also ask parents to test all software and hardware before class start. Details will be emailed prior to the first class.

**Fri: 9/18-10/23 3:30-4:30pm**

120727-A R: \$112.50 / NR: \$132.50

**Instructor:** Cyberteck Academy

**Location:** Virtual Class

virtual

## Roblox, Imaginative Game Design 6-9 years

**Software:** Roblox Studio **Skill Level:** Beg.

In this course, students will learn how to use coding fundamentals to strategically engineer an immersive, imaginative cosmos for one of the fastest-growing gaming platforms in the world. "Roblox, Imaginative Game Design" provides students with hands-on experiences in innovation and the underlying mechanics of 3D gaming. This is the perfect course for any student looking to advance their skills in science, technology, engineering, art, and mathematics (STEAM). Do not miss your chance to publish, share, and play games with your friends.

**Requirements:** Roblox: Create an account at Roblox.com and download the Roblox Studio software. Roblox will update each time you open the program (Only works on desktops and laptops running Windows or Mac OS 10.10+). Please install and test all programs to ensure they work properly on your hardware prior to the first class.

**Fri: 10/30-12/11 3:30-4:30pm**

120710-A R: \$112.50 / NR: \$132.50

**Instructor:** Cyberteck Academy

**Location:** Virtual Class

virtual

## Innovation Lab

### 7-9 years

Explore the ups and downs of physics, technology, engineering, and material sciences. During these interactive classes, students will explore and try their hands in basic structural engineering and programming concepts, while learning about and practicing Growth Mindset strategies and growing Socially and Emotionally.

Students will have access to the class materials and instructions for independent work outside of each class. Parents will receive a summary and the list of materials for each class, along with additional resources and ideas to help children continue their learning at home, and updates on the progress of their children.

**Mon: 9/21-11/23 4-5pm**

120755-A R: \$270 / NR: \$290

**Instructor:** iSchool for the Future

**Location:** Virtual



Please understand that programs may be modified or suspended based on the impact of COVID-19. The Recreation and Parks Department reserves the right to make changes that are in the best interest of participants and instructors.

# Technology Classes

virtual

## Digital Art 9-14 years

Digital Art classes include introduction to animation, character design and graphic design fundamentals. Students will go from having no experience with digital art to building confidence in using online tools, character design fundamentals and making their very own short animation, while collaborating with each other, making friends and exploring and expressing their own inner voice.

Students will have access to the class materials and instructions for independent work outside of each class. Parents receive updates on the progress of their children.

**Wed: 9/16-11/25 4-5:30pm**

120759-A R: \$450 / NR: \$470

**Instructor:** iSchool for the Future

**Location:** Virtual

virtual

## Innovation Lab

### 10-13 years

Students use engineering design process to explore the ups and downs of physics, technology, engineering, and material sciences. During these interactive classes, students identify a problem in their environment and work together to design a solution, while learning about and practicing Growth Mindset strategies and growing Socially and Emotionally. Students will have access to the class materials and instructions for independent work outside of each class. Parents will receive a summary and the list of materials for each class, along with additional resources and ideas to help children continue their learning at home, and updates on the progress of their children

**Thur: 9/17-11/19 4-5:30pm**

120756-A R: \$400 / NR: \$420

**Instructor:** iSchool for the Future

**Location:** Virtual



virtual

## Visual Programming Using Scratch

### 10-14 years

Software: Scratch 2 Skill Level: Beg.

In this course students will learn basic programming and logic flow and learn how to apply those concepts to create games. Using Scratch, a scripting language developed by MIT to give kids an easy entry into coding, students will go through the iterative process of creating a program or game from idea to completion. Successful students in this class will have several completed 2D games they will be able to play and show off on most computers and will have mastered the skills they need to continue making games using scratch at home.

**Requirements:** We ask parents to create an account at Scratch.MIT.edu for class (Any computer, while scratch will run on tablets we cannot guarantee that all of our lesson controls will be compatible with tablets). They may download the Scratch software or use Scratch in the browser on the website. No other software will be used for class. We also ask parents to test all software and hardware before class start.

**Fri: 9/18-10/23 5-6pm**

120753-A R: \$112.50 / NR: \$132.50

**Instructor:** Cyberteck Academy

**Location:** Virtual Class

virtual

## Roblox, Imaginative Game Design 10-14 years

Software: Roblox Studio Skill Level: Intermediate

In this course, students will advance their coding, design, and game development skills, tinkering with RobloxStudio and the Lua programming language it employs. "Roblox, Imaginative Game Design" provides students between the ages of 10 -14 with fundamental coding concepts and techniques that will allow them to eventually move on to AP Computer Science. This course is perfect for any student looking for an opportunity to advance their careers as computer engineers, game developers, and tech-savvy entrepreneurs. Do not miss your chance to code alongside a group of aspiring computer scientists.

**Requirements:** Create an account at Roblox.com and download the Roblox Studio software. Roblox will update each time you open the program (Only works on desktops and laptops running Windows or Mac OS 10.10+). Please install and test all programs to ensure they work properly on your hardware prior to the first class.

**Fri: 10/30-12/11 5-6pm**

120754-A R: \$112.50 / NR: \$132.50

**Instructor:** Cyberteck Academy

**Location:** Virtual Class

virtual

## Game Design

### 11-14 years

Design and build the games, characters, stories, and worlds that you want to see!

This is a hands-on tech program with the entrepreneurial focus on human-centered design, digital art, programming and innovation.

**Fri: 9/18-11/20 4-5:30pm**

120757-A R: \$420 / NR: \$440

**Instructor:** iSchool for the Future

**Location:** Virtual



## Music Together®

### Birth-5 years with parent or caregiver

Music Together is an internationally recognized mixed-age music and movement class. The Music Together approach develops every child's birthright of basic music competence by experiencing music through playful activities rather than learning music concepts. In our socially distanced outdoor version, families will gather at Cherry Hill Park for interactive music making--singing, chanting, small movement, and simple dancing led by early childhood music specialist Kathleen Cobucci. Please bring your own blanket to define your family's space. Tuition includes a take home cd, songbook, and digital download code of the semester's songs, as well as a set of musical instruments for families to use each week in class. Weather make up dates are November 22 through December 8. Infants aged nine months and younger attend free with registered sibling. Older siblings, aged 6 years and up, attend free with registered sibling.

<b>Sun: 9/13-11/15</b>	<b>3:30-4:15pm</b>
110608-1	R: \$245 / NR: \$265
<b>Sun: 9/13-11/15</b>	<b>4:30-5:15pm</b>
110608-2	R: \$245 / NR: \$265
<b>Tue: 9/15-11/17</b>	<b>9:30-10:15am</b>
110608-A	R: \$245 / NR: \$265
<b>Tue: 9/15-11/17</b>	<b>10:30-11:15am</b>
110608-B	R: \$245 / NR: \$265
<b>Wed: 9/16-11/18</b>	<b>9:30-10:15am</b>
110608-C	R: \$245 / NR: \$265
<b>Wed: 9/16-11/18</b>	<b>10:30-11:15am</b>
110608-D	R: \$245 / NR: \$265
<b>Thu: 9/17-11/19</b>	<b>3:30-4:15pm</b>
110608-E	R: \$245 / NR: \$265
<b>Thu: 9/17-11/19</b>	<b>4:30-5:15pm</b>
110608-F	R: \$245 / NR: \$265

**Instructor:** Little Steps Music, LLC

**Location:** Grass Area in Cherry Hill Park, in front of Gage House



## Music Together®

### Halloween Playdate

### Birth-5 years with parent or caregiver

Join Miss Katie from Music Together for a fun outdoor Halloween activity for the whole family! Our time together will include singing, dancing, and crafts. Costumes encouraged. Infants aged nine months and younger attend free with registered sibling.

<b>Fri: 10/30</b>	<b>3:45-4:40pm</b>
110609-A	R: \$20 / NR: \$25
<b>Fri: 10/30</b>	<b>5-5:55pm</b>
110609-B	R: \$20 / NR: \$25
<b>Sat: 10/31</b>	<b>9-9:55am</b>
110609-C	R: \$20 / NR: \$25
<b>Sat: 10/31</b>	<b>10:15-11:10am</b>
110609-D	R: \$20 / NR: \$25

**Instructor:** Little Steps Music, LLC

**Location:** Grass Area in Cherry Hill Park, in front of Gage House



## Music Together®

### Thanksgiving Playdate

### Birth-5 years with parent or caregiver

Join Miss Katie from Music Together for a fun outdoor Thanksgiving activity for the whole family! Our time together will include singing, dancing, and crafts. Infants aged nine months and younger attend free with registered sibling.

<b>Fri: 11/20</b>	<b>3:45-4:40pm</b>
110614-A	R: \$20 / NR: \$25
<b>Fri: 11/20</b>	<b>5-5:55pm</b>
110614-B	R: \$20 / NR: \$25
<b>Sat: 11/21</b>	<b>9-9:55am</b>
110614-C	R: \$20 / NR: \$25
<b>Sat: 11/21</b>	<b>10:15-11:10am</b>
110614-D	R: \$20 / NR: \$25

**Instructor:** Little Steps Music, LLC

**Location:** Grass Area in Cherry Hill Park, in front of Gage House



Please understand that programs may be modified or suspended based on the impact of COVID-19. The Recreation and Parks Department reserves the right to make changes that are in the best interest of participants and instructors.

# Dance Classes



## Dance With Me

**2-5 years**

Interactive music and movement class for child and caregiver to enjoy together! Full of lots of entertaining bonding activities to promote gross motor development, rhythm awareness, balance, and music appreciation. Wear comfortable clothes for movement and come ready to play!

**Ages 2-3**

**Sat: 9/19-12/12\*** 9:30-10am  
110201-A R: \$88 / NR: \$108

**Ages 3-5**

**Sat: 9/19-12/12\*** 11:15am-12pm  
110201-B R: \$132 / NR: \$152

\*No class dates 11/28, 12/5

**Instructor:** EBD- Small

**Location:** 1/2 Gym Lobby Side



## Preschool Dance A

**2-3 years**

All Dancers Must Meet the class age requirement by September 30, 2020. An introduction to dance, movement, and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination, and rhythm. Preschool A classes recommend ballet shoes. Registered participants will be emailed a link prior to the first class.

**Mon: 9/14-12/7\*** 9:30-9:55am  
110202-I R: \$96 / NR: \$116

\*No class dates 10/12

**Instructor:** EBD- Small

**Location:** Virtual Class



## Preschool Dance B

**3-4 years**

All Dancers Must Meet the class age requirement by September 30, 2020. 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. Ballet shoes and tap shoes, (or "noisy" shoes such as dress shoes) are recommended. Registered participants will be emailed a link prior to the first class.

**Mon: 9/14-12/7\*** 10-10:40am  
110203-A R: \$144 / NR: \$164

**Tue: 9/15-12/8\*** 4-4:40pm  
110203-B R: \$144 / NR: \$164

\*No class dates 10/12, 11/3

**Instructor:** EBD- Small

**Location:** Virtual Class



## Storybook Ballet with Helper 3-6 years

This ballet class will expose your little ballerina and his/her helper 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. Parent/helper must participate with the child.

**Tue: 9/15-12/8\*** 5:30-6:15pm  
110221-A R: \$179 / NR: \$199

\*No class dates 11/3

**Instructor:** Adrenaline Staff

**Location:** Back half of the Gym



## Preschool Dance C

**4-5 years**

All Dancers Must Meet the class age requirement by September 30, 2020. 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. Ballet shoes and tap shoes, (or "noisy" shoes such as dress shoes) are recommended. Registered participants will be emailed a link prior to the first class.

**Mon: 9/14-12/7\*** 10:45-11:25am  
110204-A R: \$144 / NR: \$164

**Tue: 9/15-12/8\*** 4:45-5:25pm  
110204-B R: \$144 / NR: \$164

\*No class dates 10/12, 11/3

**Instructor:** EBD- Small

**Location:** Virtual Class



Please understand that programs may be modified or suspended based on the impact of COVID-19. The Recreation and Parks Department reserves the right to make changes that are in the best interest of participants and instructors.



**virtual** **indoors** **Ballet 1**

**5-7 years**  
All Dancers Must Meet the class age requirement by September 30, 2020. 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 1 is to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary! Participants enrolled in the virtual option will be emailed a link prior to the first class.

**Virtual:**  
**Tue: 9/15-12/8\*** **5:30-6:15pm**  
120208-A R: \$144 / NR: \$164

**Indoors:**  
**Sat: 9/19-12/12\*** **12:15-1pm**  
120208-B R: \$132 / NR: \$152  
\*No class dates 11/3, 11/28, 12/5

**Instructor:** EBD- Small  
**Location:** Session B: front half of the gym

**virtual** **indoors** **Dance for Music Theatre 1 5-7 years**

All Dancers Must Meet the class age requirement by September 30, 2020. 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! Participants enrolled in the virtual option will be emailed a link prior to the first class.

**Virtual:**  
**Mon: 9/14-12/7\*** **4:30-5:15pm**  
120209-A R: \$144 / NR: \$164

**Indoors:**  
**Mon: 9/14-12/7\*** **5-5:45pm**  
120209-B R: \$144 / NR: \$164

\*No class dates 10/12  
**Instructor:** EBD - A: Lemke, B: Small  
**Location:** Session B: Full Dance Studio

**hybrid** **Jazz/Hip Hop I**

**5-7 years**  
All Dancers Must Meet the class age requirement by September 30, 2020. 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. This is held as a hybrid class with both in person and virtual options. A1 is virtual. A2 is in person.

**Hybrid Virtual:**  
**Wed: 9/16-12/9\*** **5:15-6pm**  
120210-A1 R: \$144 / NR: \$164

**Hybrid Indoors:**  
**Wed: 9/16-12/9\*** **5:15-6pm**  
120210-A2 R: \$144 / NR: \$164

\*No class dates 11/11  
**Instructor:** EBD- Samuel  
**Location:** Session A2: Front half of the Gym

**virtual** **indoors** **hybrid** **Ballet/Tap/Jazz I 5-7 years**

All dancers must meet the class age requirement by September 30, 2020. This class will bring together elements of ballet, tap, and jazz. Basic ballet principles, jazz technique, and the joyful rhythms of tap will expose your child to all the wonders of dance while improving strength, flexibility, coordination, rhythm and musicality. Students will be introduced to the terminology and skills that are the building blocks for future dance training while having all kinds of fun. Tap shoes and ballet shoes required. Dancewear or other form-fitting clothing required. Participants registered for the virtual option will be emailed a link prior to the first class. Sessions D1 & D2 are a Hybrid class with both in person and virtual options.

**Virtual:**  
**Mon: 9/14-12/7\*** **5:30-6:20pm**  
120207-A R: \$192 / NR: \$212

**In person:**  
**Mon: 9/14-12/7\*** **6-6:50pm**  
120207-B R: \$192 / NR: \$212

**Sat: 9/19-12/12\*** **10:15-11:05am**  
120207-C R: \$176 / NR: \$196

**Hybrid virtual:**  
**Wed: 9/16-12/9\*** **5-5:50pm**  
120207-D1 R: \$192 / NR: \$212

**Hybrid in person:**  
**Wed: 9/16-12/9\*** **5-5:50pm**  
120207-D2 R: \$192 / NR: \$212

\*No class dates 10/12, 11/28, 11/11, 12/5  
**Instructor:** EBD- A: Lemke, B&C: Small, D1&D2: Bosser

**Location:** Session B & D2: Full Dance Studio, Session C: Front half of the gym

**outdoors** **Ballet 1 with Go Bananas Dancing**

**5-7 years**  
Love to leap and twirl? In this class Ballet technique will be presented in a fun and encouraging environment, allowing young dancers to express themselves as they explore this classic form of dance. Each student's parent or adult guardian must remain on the premises during the entire class.

**Tues: 9/15-10/27** **4:15-5pm**  
120222-A R: \$133 / NR: \$153

**Instructor:** Go Bananas Dancing  
**Location:** Cavalier Trail Park Basketball Court

# Dance Classes



## Adrenaline Hip Hop

### 5-12 years

Our ADF hip hop dancers will learn the latest street dancing 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! Dancers will be spread out in half the gym. In the event the City decides classed cannot be held in-person, this class will move to a zoom format.

### Ages 5-7 Hip Hop

**Wed: 9/16-12/9\*** 5-6pm

120249-A R: \$195 / NR: \$215

### Ages 8-12 Hip Hop

**Mon: 9/14-12/7\*** 5:45-6:45pm

120249-B R: \$179 / NR: \$199

\*No class dates 11/11, 11/25, 10/12

**Instructor:** Adrenaline Staff

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



## Tap 6-9 years

In this class, children will enjoy the joyful rhythms of Tap! They will explore basic steps and build a fundamental tap vocabulary in order to learn fun combinations to upbeat music. Tap shoes required. While parents are not permitted to remain in the building during class, they must remain on the Community Center campus.

**Thurs: 9/17-10/29** 5:30-6:15pm

120217-A R: \$133 / NR: \$153

**Instructor:** Go Bananas Dancing

**Location:** Senior Center- Full

## Level 2 and 3 Classes

### PLEASE NOTE CONVENIENT BACK-TO-BACK CLASSES!



## Jazz/Hip Hop 2/3 8-12 years

All dancers must meet the class age requirement by September 30, 2020. 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. This is a hybrid class with both in person and virtual options. Choose section A for Virtual and section B for in person.

### Hybrid Virtual:

**Wed: 9/16-12/9\***

120259-A

**6:15-7pm**

R: \$144 / NR: \$164

\*No class dates 11/11

**Instructor:** EBD- Samuel

**Location:** Session B: Front half of the Gym

### Hybrid Indoors:

**Wed: 9/16-12/9\***

120259-B

**6:15-7pm**

R: \$144 / NR: \$164



## Ballet 2/3 8-12 years

All Dancers Must Meet the class age requirement by September 30, 2020. 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! This is a hybrid class with virtual or in person options. Choose section A for Virtual and section B for in person.

### Hybrid Virtual:

**Wed: 9/16-12/9\***

120261-A

**7:15-8:15pm**

R: \$192 / NR: \$212

\*No class dates 11/11

**Instructor:** EBD Bosser

**Location:** Session B: Full Dance Studio

### Hybrid Indoors:

**Wed: 9/16-12/9\***

120261-B

**7:15-8:15pm**

R: \$192 / NR: \$212



## Lyrical Dance 2/3 8-12 years

All Dancers Must Meet the class age requirement by September 30, 2020. Lyrical dance explores movements inspired by ballet, jazz, and modern dance with a focus on expressive motions that complement the music and tell a story. Students will learn basic lyrical technique as well as explore the process of expressing emotions and conveying stories through movement. Dancewear or form-fitting active wear is required. This is a hybrid class with both virtual and in person options. Choose section A for virtual and section B for in person. Participants in the virtual option will be emailed a link prior to the first class.

### Hybrid Virtual:

**Mon: 9/14-12/7\***

120264-A

**7-7:50pm**

R: \$192 / NR: \$212

\*No class dates 10/12

**Instructor:** EBD- Stem

**Location:** Session B: Full dance studio

### Hybrid Indoors:

**Mon: 9/14-12/7\***

120264-B

**7-7:50pm**

R: \$192 / NR: \$212

## Teen and Adult Classes: Ages 13 and up

**PLEASE NOTE CONVENIENT BACK-TO-BACK CLASSES!**

hybrid

### Lyrical/Contemporary Dance 13 & up

All Dancers Must Meet the class age requirement by September 30, 2020. For those who love both the grace and the strength of dance! Lyrical dance is a fusion of ballet and jazz, blending the sustained, controlled movement of ballet with the freedom, power and dynamics of jazz and modern dance. Students will learn lyrical technique along with methods for expressing emotion through movement. Ballet shoes required. Dancewear or other form-fitting clothing required. This is a hybrid class with virtual and in person options. Choose session A for virtual and session B for in person. Virtual participants will be emailed a link prior to the first class.

#### Hybrid Virtual:

**Wed: 9/16-12/9\*** 6-7pm  
140200-A R: \$192 / NR: \$212

**Instructor:** EBD Bosser

**Location:** Session B: Full Dance Studio

#### Hybrid Indoors:

**Wed: 9/16-12/9\*** 6-7pm  
140200-B R: \$192 / NR: \$212

\*No class dates 11/11

hybrid

### Dance for Musical Theatre 13 & up

Dancers must meet age requirement as of September 30, 2020. 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. This is a hybrid class with virtual and in person options. Choose section A for virtual and section B for in person.

#### Hybrid Virtual:

**Wed: 9/16-12/9\*** 7:15-8:15pm  
140201-A R: \$192 / NR: \$212

**Instructor:** EBD- Samuel

**Location:** Session B: Front half of the Gym

#### Hybrid Indoors:

**Wed: 9/16-12/9\*** 7:15-8:15pm  
140201-B R: \$192 / NR: \$212

\*No class dates 11/11

outdoors

### Ballet 2 with Go Bananas Dancing 7-10 years

Be inspired by the beauty of Ballet! In this class, students will explore musicality and the fundamentals of classical Ballet. They will practice their technique with a focus on grace and poise while also building strength and balance. Previous dance experience is helpful, but not required. Each student's parent or adult guardian must remain on the premises during the entire class.

**Wed: 9/16-10/28** 4:15-5pm

120221-A R: \$133 / NR: \$153

**Instructor:** Go Bananas Dancing

**Location:** Cavalier Trail Park Basketball Court

virtual

### Dance At Home Musical Theater

#### 8-12 years

All Dancers Must Meet the class age requirement by September 30, 2020. Lured by the neon lights of Broadway? This unique class brings together dance and theatre in a celebration of the magic of musical theatre. 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 and acting skills. With an emphasis on the use of expression and drama through movement, this class is sure to be a hit! Registered participants will be emailed a link prior to the first class.

#### Ages 8-10

**Wed: 9/16-12/9\*** 5:45-6:25pm  
120265-A R: \$144 / NR: \$164

#### Ages 10-12

**Wed: 9/16-12/9\*** 6:30-7:25pm  
120265-B R: \$192 / NR: \$212

\*No class dates 11/11

**Instructor:** EBD- Gazikas

**Location:** Virtual Class



Please understand that programs may be modified or suspended based on the impact of COVID-19. The Recreation and Parks Department reserves the right to make changes that are in the best interest of participants and instructors.

# Dance & Cherry Hill Farmhouse



**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.

**The Cherry Hill Farmhouse is temporarily closed due to Covid-19. Please visit [cherryhillfallschurch.org](http://cherryhillfallschurch.org) for updated information and virtual programming.**

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.

Cherry Hill can 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**.



hybrid

## Adult Ballet 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. This is a hybrid class with virtual and in person options. Choose section A for virtual and section C for in person.

### Hybrid Virtual:

**Sat: 9/19-12/12\*** 9-10am  
150208-A R: \$176 / NR: \$196

### Hybrid Indoors:

**Sat: 9/19-12/12\*** 9-10am  
150208-C R: \$176 / NR: \$196

\*No class dates 11/28, 12/5

**Instructor:** Kudinova- EBD

**Location:** Session B: Full Dance Studio

indoors

## 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!

### Beginner

**Wed: 9/23-12/2** 6-7pm  
150223-A R: \$80 / NR: \$100

### All Level

**Wed: 9/23-12/2** 7:30-8:30pm  
150223-B R: \$80 / NR: \$100

\*No class dates 11/11

**Instructor:** Marilu Ubas

**Location:** Full Senior Center

**indoors** **Intermediate/  
Advanced Karate**

**12 & up**

This fall Stratford Karate instructors will only teach introductory through advanced martial arts classes for beginning adults and experienced individuals ages 12 & up. We will be inside, social distancing (10'), wearing masks, and not practicing any person-to-person contact techniques. Students who have earned belts in other programs are welcome to wear their uniforms and earned belts. 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. Parents and friends are not permitted in the building this fall, participants only. More information is available at [www.StratfordKarate.org](http://www.StratfordKarate.org).

**Mon: 9/14-12/7\* 7:30-9pm**

130506-A R: \$96 / NR: \$116

**Thu: 9/17-12/10\* 7:45-9:15pm**

130506-B R: \$96 / NR: \$116

\*No class dates 10/12, 11/26

**Instructor:** Bill Kennedy & Rick Hathaway

**Location:** Gym – Back Half



**indoors** **Japanese  
Swordsmanship 13 & up**

Learn the ancient Samurai sword arts. Here you will be taught the stances, postures and movements in the use of the Japanese sword. This class will include Iaijutsu sword-drawing and cutting techniques Kenjutsu exercises. No uniforms are required, and equipment is provided for beginning students. Due to Covid, there will be no contact, and all participants must wear masks.

**Mon: 9/14-12/7\* 8:15-9:15pm**

150554-A R: \$96 / NR: \$116

\*No class dates 10/12

**Instructor:** Dave Hacker

**Location:** Senior Center-Full

**indoors** **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 50 years of study and 32 years of teaching experience.

**Tue: 9/15-12/15\* 6-7pm**

150506-A R: \$175 / NR: \$195

\*No class dates 11/3

**Instructor:** Grandmaster Jeff Cook

**Location:** Senior Center

**!** Please understand that programs may be modified or suspended based on the impact of COVID-19. The Recreation and Parks Department reserves the right to make changes that are in the best interest of participants and instructors.

## City of Falls Church / FirstServe Tennis 2020 FALL Tennis Program

### Tennis & Pickleball 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 Academy on court for first-rate instructional programs for players of all abilities ages 4-adult! Gregg Deinhart and Stephan Schlagenhauff are USPTA, PPR and Easitennis 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 lesson 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. Contact FirstServe Tennis for program, racquet and equipment recommendations and **if you need to purchase a racquet.** Private lessons are also available upon request.

Email [lessons@tenniseveryone.net](mailto:lessons@tenniseveryone.net), call 703-868-8172 or visit [www.tenniseveryone.net](http://www.tenniseveryone.net) for more information.

### outdoors Tennis 1&2: Rally, Serve, Score 6-14 years

Players learn and review the fundamental strokes with emphasis on developing rallying skills. Due to Covid-19 precautions, a tennis racquet is required. Contact FirstServe Tennis at 703-868-8172 to purchase and have delivered to your first lesson. Player-Coach ratio is 6:1.

#### Ages 6-8

Wed: 9/16-11/18\* 4:30-5:20pm

120902-A R: \$198 / NR: \$218

#### Ages 8-10

Wed: 9/16-11/18\* 5:30-6:20pm

120902-B R: \$198 / NR: \$218

#### Ages 10-14

Wed: 9/16-11/18\* 6:30-7:20pm

120902-C R: \$198 / NR: \$218

\*No class dates 11/11

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park Tennis Courts

### outdoors Tennis 1- Adult Beginner 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. Due to Covid-19 precautions, a tennis racquet is required. Contact FirstServe Tennis at 703-868-8172 to purchase and have delivered to your first lesson. Ratio 4:1.

Wed: 9/16-11/18\* 7:30-8:40pm

150901-A R: \$270 / NR: \$290

\*No class dates 11/11

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park Tennis Courts

### outdoors 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: 9/16-11/18\* 8:50-10pm

150902-A R: \$270 / NR: \$290

\*No class dates 11/11

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park Tennis Courts

### outdoors 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: 9/16-11/18\* 9:05am-10:35am

150903-A R: \$270 / NR: \$290

Wed: 9/16-11/18\* 10:45am-12:15pm

150903-B R: \$270 / NR: \$290

\*No class dates 11/11

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park Tennis Courts

### outdoors 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.

Wed: 9/16-10/14 8-9am

150920-A R: \$375 / NR: \$395

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park Tennis Courts



## PICKLEBALL



### Pickleball Level 1 (Junior beginner)

**Ages 10-14**

Through game-based instruction, beginners learn the fundamental strokes: dinks, volleys, forehands, backhands, overheads and the serve. Players learn rules and scorekeeping. Due to Covid-19 precautions, a pickleball paddle is required. Contact FirstServe Tennis at 703-868-8172 to purchase and have delivered to your first lesson. Please wear tennis shoes. Ratio 6:1.

**Tues: 9/15-10/27 5:30-6:20pm**  
130902-B R: \$154 / NR: \$174

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park



### Pickleball Level 1 (Adult Beginner)

**Ages 15 & up**

Pickleball is a fun, mini-tennis-like game that is fast growing in popularity! This introduction to the game teaches the fundamental strokes: dinks, volleys, forehands, backhands, overheads and the serve. Players learn rules and scorekeeping. Due to Covid-19 precautions, a pickleball paddle is required. Contact FirstServe Tennis at 703-868-8172 to purchase and have delivered to your first lesson. Please wear tennis shoes. Ratio 6:1.

**Tues: 9/15-10/27 6:30-7:30pm**  
150905-A R: \$154 / NR: \$174

**Tues: 9/15-10/27 7:40-8:40pm**  
150905-B R: \$154 / NR: \$174

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park

## YOGA



### Stress Burner Yoga 2020 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 even more efficiently. Best rate is for all 12 classes in session A below, then 9 and 6. Registered participants will be emailed the link prior to the first class.

**All 12 classes**

**Wed: 9/16-12/9\* 7-7:45pm**  
150403-A R: \$180 / NR: \$200

**9 classes**

**Wed: 9/16-12/9\* 7-7:45pm**  
150403-B R: \$150 / NR: \$170

**6 classes**

**Wed: 9/16-12/9\* 7-7:45pm**  
150403-C R: \$100 / NR: \$120

\*No class dates 11/11

**Instructor:** Stress Burner Yoga Team

**Location:** Virtual



### Gentle Yoga Virtual 18 & up

Practice self-care as you work in a supportive environment to improve strength, flexibility, balance and range of motion. Keep stress levels in check and increase physical and emotional resilience during difficult times with a variety of poses and sequences modified as needed for all levels of fitness and comfort. A yoga mat, strap and block are required, but a tie and a towel can substitute for the latter two items. Participants will not be supervised by the instructor and are responsible for the safety of their surroundings. Registered participants will be emailed the link prior to the first class.

**Thu: 9/17-12/10\* 10-10:55am**  
150402-A R: \$132 / NR: \$152

\*No class dates 11/26

**Instructor:** BodyMoves Fitness, LLC

**Location:** Virtual



### 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. A yoga mat is needed for this class. Participants will not be supervised by the instructor and are responsible for the safety of their surroundings. Registered participants will be emailed the link prior to the first class.

**Tue: 9/15-12/8\* 8-8:55pm**  
150411-A R: \$132 / NR: \$152

\*No class dates 11/3

**Instructor:** BodyMoves Fitness, LLC

**Location:** Virtual

**!** Please understand that programs may be modified or suspended based on the impact of COVID-19. The Recreation and Parks Department reserves the right to make changes that are in the best interest of participants and instructors.

virtual

## Pilates with Props

18 & up

Enjoy the benefits of Pilates to strengthen the body's core, enhance balance and muscle control, increase flexibility and range of motion, develop proper body alignment, and connect mind to muscles using the breath and mental focus. A mat is needed for this class. Participants will not be supervised by the instructor and are responsible for the safety of their surroundings. Registered participants will be emailed the link prior to the first class.

**Tue: 9/15-12/8\* 7-7:55pm**

150409-A R: \$132 / NR: \$152

\*No class dates 11/3

**Instructor:** BodyMoves Fitness, LLC

**Location:** Virtual

outdoors

## WERQ Dance Fitness

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.

\*Registration is for 8 classes. This class will meet EIGHT evenings out of the twelve weeks, depending on the weather.

Class will meet on the basketball court in Cherry Hill Park. Participants must maintain 10 feet distance from each other and the instructor.

**Mon: 9/14-12/7\* 6:30-7:30pm**

150429-A R: \$80 / NR: \$100

\*No class dates 10/12

**Instructor:** Sarah Barry

**Location:** Cherry Hill Park Basketball Court

virtual

## Total Body: Strength, Conditioning and Endurance 14 & up

Class will include resistance, power and cardio exercises to develop strength, overall conditioning and endurance. Class taught by Certified Personal Trainer/Group Fitness Instructor. This is a virtual program and as such participants will not be supervised by the instructor.

Participants are responsible for the safety of their surroundings. Class link will be emailed to registered participants prior to the first class.

**Mon: 9/14-12/14\* 5:40-6:40pm**

150433-A R: \$78 / NR: \$98

**Thu: 9/17-12/17\* 5:40-6:40pm**

150433-B R: \$78 / NR: \$98

\*No class dates 10/12, 11/26

**Instructor:** Pam Doran

**Location:** Virtual Class

virtual

## Kickboxing 14 & up

Class will incorporate warm-up, upper and lower body kickboxing techniques and routines and cool down stretching. All moves designed to work all major muscle groups for strength and cardio workout. Participants can work at their fitness level. Class taught by Certified Personal Trainer/Group Fitness Instructor.

This is a virtual program and as such participants will not be supervised by the instructor. Participants are responsible for the safety of their surroundings. Registered participants will receive the class link prior to the first class.

**Kickboxing - Virtual**

**Tue: 9/15-12/15\* 5:40-6:40pm**

150436-A R: \$78 / NR: \$98

\*No class dates 11/3

**Instructor:** Pam Doran

**Location:** Virtual Class

virtual

## Total Body Morning: Strength, Conditioning and Endurance 14 & up

Class will include resistance, power and cardio exercises to develop strength, overall conditioning and endurance. Class taught by Certified Personal Trainer/Group Fitness Instructor.

This is a virtual program and as such participants will not be supervised by the instructor. Participants are responsible for the safety of their surroundings. Class link will be emailed to registered participants prior to the first class.

**Wed: 9/16-12/16\* 9:30-10:30am**

150441-A R: \$78 / NR: \$98

**Fri: 9/18-12/18\* 9:30-10:30am**

150441-B R: \$78 / NR: \$98

\*No class dates 11/11, 11/27

**Instructor:** Pam Doran

**Location:** Virtual Class

virtual

## Stretch and Flexibility 14 & up

Exercises will focus on deep stretching to increase range of motion (ROM, muscle elongation and flexibility. Classes taught by certified Personal Trainer/Group Fitness Instructor with Stretch training.

This is a virtual program and as such participants will not be supervised by the instructor. Participants are responsible for the safety of their surroundings. Registered participants will receive an email link prior to the first class.

**Mon: 9/14-12/14\* 6:45-7:15pm**

150442-A R: \$78 / NR: \$98

\*No class dates 10/12

**Instructor:** Pam Doran

**Location:** Virtual Class



Please understand that programs may be modified or suspended based on the impact of COVID-19. The Recreation and Parks Department reserves the right to make changes that are in the best interest of participants and instructors.



virtual

**Barre Low Impact Workout 14 & up**

Low impact total body workout incorporating simple moves and exercises focused on balance, core strength and flexibility. Classes taught by certified Personal Trainer/Group Fitness/Barre Certified trainer. It is recommended that this class be done barefoot or in yoga/barre socks but it can also be done in athletic shoe. This is a virtual program and as such participants will not be supervised by the instructor. Participants are responsible for the safety of their surroundings. Registered participants will receive a link prior to the first class.

**Wed: 9/16-12/16\*** 5:40-6:40pm  
 150449-A R: \$78 / NR: \$98  
**Sat: 9/19-12/19\*** 10-11am  
 150449-B R: \$78 / NR: \$98  
 \*No class dates 11/11, 11/28  
**Instructor:** Pam Doran  
**Location:** Virtual Class

virtual

**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 each week. Classes taught by certified Personal Trainer/Group Fitness/Barre Certified trainer. This is a virtual program and as such participants will not be supervised by the instructor. Participants are responsible for the safety of their surroundings. Registered participants will receive a link prior to the first class.

**Sat: 9/19-12/19\*** 8:45-9:45am  
 150448-A R: \$78 / NR: \$98

\*No class dates 11/28

**Instructor:** Pam Doran

**Location:** Virtual Class

**THE CITY OF FALLS CHURCH  
 RECREATION AND PARKS DEPARTMENT PRESENTS**



**FREE MOVIES • FRIDAYS AT 7:45PM**

**SEPTEMBER 18: Moana**  
 130000-A

**SEPTEMBER 25: Onward**  
 130000-B

**OCTOBER 2: Remember the Titans**  
 130000-C

Due to space limitations, pre-registration is required and will open August 24 for City residents and August 31 for non-City residents.

Families may only register for one movie.  
[www.fallschurchva.gov/sunsetcinema](http://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 703-248-5077 (TTY 711).



**CITY OF FALLS CHURCH**

# Youth Sports



## Love the Ball Mommy & Me Soccer Clinics 2-3 years

Love the Ball soccer clinics are designed to teach participants to love the ball and the game of soccer. Each 45 minute 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. COVID-19 changes: Clinics are maxed out at 10 participants, each participant will be in a 10 feet by 10 feet activity bubble, for Mommy & Me we are asking for a high level of parental engagement. Clinics run from September 9th-November 2nd. Ages are as of September 1st, 2020. Registration opened with registration for all summer classes.

**Mon: 9/14-11/2\* 3-3:45pm**  
631104-A R: \$105 / NR: \$125

\*No class date 10/12

**Wed: 9/9-10/21 3-3:45pm**  
631104-C R: \$105 / NR: \$125

**Location:** Larry Graves Field

**Sat: 9/12-10/31\* 9-9:45am**  
631104-E R: \$105 / NR: \$125

**Sat: 9/12-10/31\* 9-9:45am**  
631104-F R: \$105 / NR: \$125

**Sat: 9/12-10/31\* 10-10:45am**  
631104-G R: \$105 / NR: \$125

\*No class date 10/10

**Location:** Madison Park Field



## Love the Ball Mini Kickers Soccer Clinics 4-5 years

This class builds upon the skills learned in the Mommy and Me Soccer class developing new skills including independence, confidence, decision making and sportsmanship. Each 45 minute 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. Clinics run from September 9th-November 2nd. Ages are as of September 1st, 2020. COVID-19 changes: Clinics are maxed out at 10 participants, each participant will be in a 10 feet by 10 feet activity bubble, for Mommy & Me we are asking for a high level of parental engagement. Clinics run from September 9th-November 2nd. Ages are as of September 1st, 2020. Registration opened with registration for all summer classes.

**Mon: 9/14-11/2\* 4-4:45pm**  
631104-B R: \$105 / NR: \$125

\*No class date 10/12

**Wed: 9/9-10/21 4-4:45pm**  
631104-D R: \$105 / NR: \$125

**Location:** Larry Graves Field

**Sat: 9/12-10/31\* 10-10:45am**  
631104-H R: \$105 / NR: \$125

**Sat: 9/12-10/31\* 11-11:45am**  
631104-I R: \$105 / NR: \$125

**Sat: 9/12-10/31\* 11-11:45am**  
631104-J R: \$105 / NR: \$125

\*No class date 10/10

**Location:** Madison Park Field



## Fall Soccer

(Grades Kindergarten-12th  
Grade)

**Registration:** July 31st – August 23rd  
Resident: \$90 / Non-Resident: \$110

Teams will be formed by grade and will only participate in practices and intrasquad scrimmages. Practices start after Labor Day and the season ends in early November. Volunteer coaches are needed. For more information on registration, fees, and league rule information, call **703-248-5027**.



## Youth Football Skills Clinic Grades 4-9

**Registration:** August 10th – September 26th  
Resident: \$80 / Non-Resident: \$100

Falls Church Recreation & Parks Department will be hosting a youth football skills clinic this fall. The program is a co-ed, non-contact clinic that focuses on teaching the fundamentals of football in a fun, competitive, and safe environment. The clinic will run on Saturday afternoons at George Mason High School. Please contact Jimmy Ruby at **703-248-5027** for more details

**Location:** George Mason Turf Field

**600007-A: Grades 4th-6th**

1:30pm-3:00pm

**600008-A: Grades 7th-9th**

3:30pm-5:00pm



Please understand that programs may be modified or suspended based on the impact of COVID-19. The Recreation and Parks Department reserves the right to make changes that are in the best interest of participants and instructors.

# Falls Church Senior Programs

Welcome back seniors to the virtual world and outdoor recreation.  
We are never too old to change our ways and have fun.

All Fall programs below will be held at Cherry Hill Park Pavilion unless specified by zoom.



Foreign

## Language Conversation Groups

All groups are looking for new members. Informal, drop-in groups meet weekly. Some knowledge of the language is expected. These are not teaching classes.

**Tuesdays:** German Conversation from 10am-noon

**Wednesdays:** Spanish Conversation from 10:30am-12:30pm and Italian conversation from 1:30-3pm

**Thursdays:** French Conversation from 10am-noon

German, Spanish, and Italian Groups are held on zoom. Please contact 703-248-5020 or [tbrowand@fallschurchva.gov](mailto:tbrowand@fallschurchva.gov) to join. The French conversation group will meet at the Cherry Hill Park Pavillion. (German conversation is looking for a new volunteer to facilitate)



## Golden Age Bingo Club

Come play with us from 10am-noon every Tuesday for adults 50 and over. Come play some bingo, have fun, socialize and meet new friends. This group is run by seniors with officers. Small fee of 25 cents per card apply. Please call the Senior Center at **703-248-5020** for more information.



## Knitting and Crocheting

Every Thursday from 12:15-2:15pm. Knitting and Crocheting for all skill levels. Come join us for a great learning experience. All projects welcomed. This is not a teaching class.



## Open Art Studio

Every Friday from 9:30am -12:30pm. Work on your own projects. Please bring all supplies. This is not a teaching class.



Military History

Join us every Friday from 10m-11am. Ron will share a presentation video with a military history subject that occurred during the previous week that will last approximately ½ hour and discussion will follow. Ron will gladly take recommendations from the group for subjects. **(Zoom)** Please call the senior center at **703--248-5020** to be added to the email distribution list if not already a military history participant.

## Programs Below Require Registration



Modified Yoga

**Instructor:** Patrice Lepczyk

**Location:** Zoom

**Class Dates:** Every Friday

**Time:** 2:30pm-4pm

**Fees:** Free

**Section #** 161161-A

Accessible classical yoga instruction modified for individual needs. Please have a chair and a non slippery surface (yoga mat is ideal) on hand for the class. All are welcome.

Any belt or strap and a folded blanket (or something to sit on raised a few inches from the floor, such as blocks or towels) would be helpful if available.

This is a virtual program and as such participants will not be supervised by the instructor. Participants are responsible for the safety of their surroundings. Registered participants will receive a link prior to the first class.



Open Pickleball

**Location:** Cavalier Trail Park / Cherry Street Courts

**Days:** Mondays and Thursdays

**Time:** Noon-3pm

**Fees:** Free

**Section #** 161162-A



Snack and Chat

Every 2nd and 4th Monday at Noon.

Sit down, relax and chat in the comfort of your own home. To participate, call the Senior Center at **703-248-5020** or email [tbrowand@fallschurchva.gov](mailto:tbrowand@fallschurchva.gov)



New Yorker Discussion Group

Do you enjoy reading The New Yorker but wish you had someone to chat about it with? Join our monthly 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 ( Zoom.) A librarian will coordinate the discussions. Please email [psullivan@fallschurchva.gov](mailto:psullivan@fallschurchva.gov) if interested or for more information.

## Programs Below will Hopefully Resume in Spring

- \*Armchair Travel
- \*Ballroom Dancing
- \*Bridge
- \*Hand and Foot
- \*Mixed Games
- \*Pinochle

Participants for virtual programs will be contacted prior to program.

Please call the senior center at **703-248-5020** for more information or if you have any questions.

## 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](http://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](http://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.

**These packages are currently unavailable due to the COVID-19 pandemic.**

## City Park Amenities

### BERMAN PARK

Bike and hike trail  
Picnic shelter  
Picnic tables and grill  
Play equipment

### BIG CHIMNEYS PARK

Park benches  
Picnic tables and grill  
Play equipment

### CAVALIER TRAIL PARK/TRIPPS RUN PARK

Basketball court (lighted)  
Bike and hike trail  
Park benches  
Picnic table and grill  
Slide and Swings  
Tennis courts (2 - lighted)

### CHERRY HILL PARK

Basketball court (lighted)  
City kiosk  
Horseshoe court  
Park benches  
Picnic shelter  
Picnic tables and grills  
Play equipment  
Volleyball court  
Water fountain  
Tennis courts (2 - lighted)

### CROSSMAN/FOUR MILE RUN PARK

Park benches  
Picnic tables and grills  
Slide and Swings

### DONALD S. FRADY PARK

Horseshoe court  
Game table  
Gazebo  
Mini-amphitheater  
Picnic tables and grills  
Play equipment  
Water fountain

### FORT TAYLOR PARK

City kiosk  
Historic Trail marker  
Park bench

### LINCOLN PARK

Basketball court  
Park benches  
Picnic table and grill  
Play equipment

### MADISON PARK

Basketball court  
Park benches  
Picnic shelter  
Picnic tables  
Play equipment  
Rectangular athletic field  
Water fountain

### ROBERTS PARK

Basketball court  
Park benches  
Picnic shelter  
Picnic tables and grills  
Play equipment  
Water fountain

### WEST END PARK

Park benches  
Picnic tables and grills  
Play equipment  
Skateboard and BMX features

## Falls Church Public Spaces

The Recreation and Parks Department uses the following school facilities for activities and programs.

**FALLS CHURCH PUBLIC SCHOOLS**  
**GEORGE MASON HIGH SCHOOL/  
MARY ELLEN HENDERSON MIDDLE  
SCHOOL**  
(7124 Leesburg Pike)  
Baseball/softball fields (2)  
Running track  
Rectangular fields (2; 1 has artificial turf)  
Tennis courts (4 - lighted)

**THOMAS JEFFERSON  
ELEMENTARY SCHOOL**  
(601 South Oak Street)  
Basketball court  
Bike and hike trail  
Park benches  
Play equipment  
Rectangular athletic field  
Softball/baseball fields (2)

**MOUNT DANIEL  
ELEMENTARY SCHOOL**  
(2328 North Oak Street)  
Basketball court  
Play equipment  
Small athletic field

**OTHER RECREATION FACILITIES**  
**Falls Church Community Center**  
(223 Little Falls Street)  
**Cherry Street tennis courts (2)**  
**W & OD Bike Trail**

### MEMORIAL AND HISTORICAL INTERESTS

Cherry Hill Farm – House, Barn and Grounds (312 Park Avenue)  
Memorial Park (Park Ave. & Little Falls Street)



# City of Falls Church Recreation and Parks

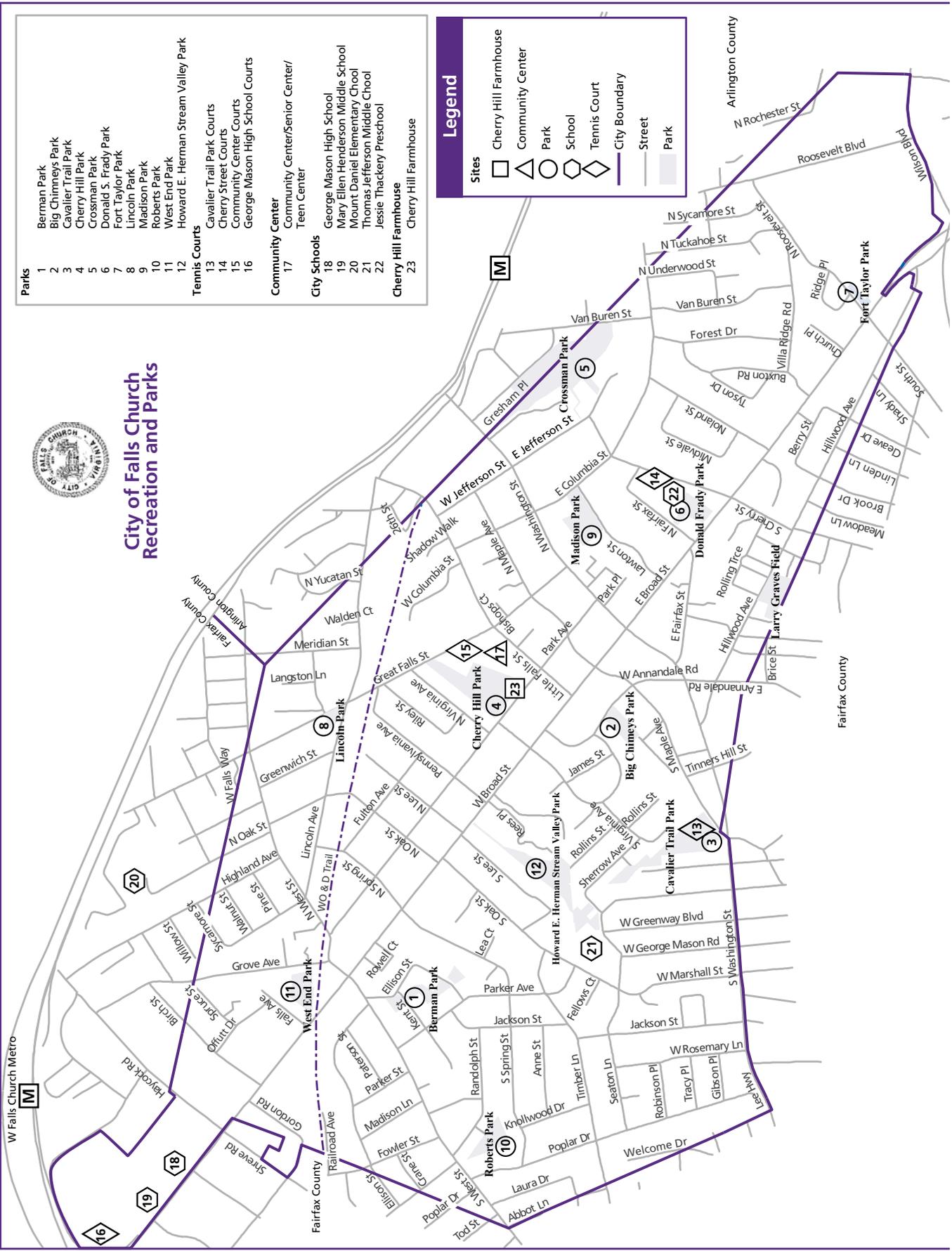
- |                              |   |
|------------------------------|---|
| <b>Parks</b>                 | 1 Berman Park                                 |
|                              | 2 Big Chimneys Park                           |
|                              | 3 Cavalier Trail Park                         |
|                              | 4 Cherry Hill Park                            |
|                              | 5 Crossman Park                               |
|                              | 6 Donald S. Frady Park                        |
|                              | 7 Fort Taylor Park                            |
|                              | 8 Lincoln Park                                |
|                              | 9 Madison Park                                |
|                              | 10 Roberts Park                               |
|                              | 11 West End Park                              |
|                              | 12 Howard E. Herman Stream Valley Park        |
| <b>Tennis Courts</b>         | 13 Cavalier Trail Park Courts                 |
|                              | 14 Cherry Street Courts                       |
|                              | 15 Community Center Courts                    |
|                              | 16 George Mason High School Courts            |
| <b>Community Center</b>      | 17 Community Center/Senior Center/Teen Center |
| <b>City Schools</b>          | 18 George Mason High School                   |
|                              | 19 Mary Ellen Henderson Middle School         |
|                              | 20 Mount Daniel Elementary School             |
|                              | 21 Thomas Jefferson Middle School             |
|                              | 22 Jessie Thackeray Preschool                 |
| <b>Cherry Hill Farmhouse</b> | 23 Cherry Hill Farmhouse                      |

### Legend

**Sites**

- Cherry Hill Farmhouse
- Community Center
- Park
- School
- Tennis Court

City Boundary  
Street  
Park



# Solid Waste Services

## Department of Public Works

**Solid Waste Hotline:**  
703-248-5160 (TTY 711)  
recycling@fallschurchva.gov

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. Glass has been removed from curb side collection. Please visit our website for more information.

### 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](http://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](http://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](mailto:shoptarp@gmail.com).

**Location:** Cherry Hill Park Picnic Shelter

**Time:** 2-4 pm

**Date:** TBD

# Mary Riley Styles Public Library

## 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 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 reading programs, internet tutoring, and a Local History Room. The library has an exterior book drop.

## 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](http://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](http://www.fallschurchva.gov/Downloadable).



**Mary Riley Styles Public Library**  
**601 Oak Street (temporary location)**  
[www.fallschurchva.gov/Library](http://www.fallschurchva.gov/Library)

General Line: 703-248-5030 TTY (711)  
Renewal Line: 703-248-5175 TTY (711)  
Circulation Desk: 703-248-5031 TTY (711)  
Reference Desk: 703-248-5035 TTY (711)  
Youth Services Desk: 703-248-5034 TTY (711)  
Administrative Office: 703-248-5033 TTY (711)  
Text a Librarian: 703-520-2484 TTY (711)

**Due to relocation to the temporary facility and the COVID1-9 event, hours and services may vary. Please check our website for specifics.**

## Library Expansion and Renovation Project

The Library has moved to the trailers next to Thomas Jefferson Elementary School at 601 S. Oak St. while the building at 120 N. Virginia Ave is renovated and expanded. We anticipate returning to the new building in May/June 2021. For updates about the renovation and expansion and what services are available in the temporary trailers, visit our website [www.fallschurchva.gov/Library](http://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](http://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 for 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](http://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](http://www.fallschurchva.gov/library) or calendar at [www.fallschurchva.gov/LibraryCalendar](http://www.fallschurchva.gov/LibraryCalendar).

Interested in research tools? Learn more at [www.fallschurchva.gov/ResearchTools](http://www.fallschurchva.gov/ResearchTools).

# 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

<b>City Residents:</b>	Free
<b>Non-City Residents 5 and under:</b>	Free
<b>Non-City Residents 6-18 or 65+:</b>	Free
<b>Non-City Residents 19-64:</b>	\$3

**Hotline:** 703-248-5077

Call the hotline above for the current schedule or visit [www.FallsChurchVA.gov/OpenGym](http://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

Registration Dates  
Residents: August 24  
Non-Residents: August 31

## Brochure Availability

The brochure is available on-line at [www.fallschurchva.gov/recreation](http://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](mailto:recreation@fallschurchva.gov).

### 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.

## 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 the following days unless otherwise noted: October 12, November 3, and November 26-28. Indoor classes are also not held December 4-6.

# How to Register



**On-line:** Go to [www.fallschurchva.gov/register](http://www.fallschurchva.gov/register). 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. The Falls Church Community is closed to the general public. In-person registrations are not currently permitted.



**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:** The Recreation and Parks Department is not permitting phone-in registrations. Each participant/primary guardian is required to complete a waiver upon registration which we cannot collect over the phone.

## Registration Starts

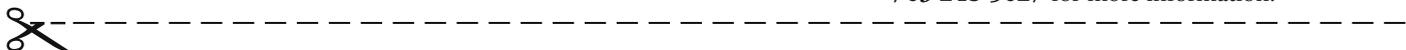
Falls Church City Residents:  
**Monday, August 24, 2020**

Non-City Residents:  
**Monday, August 31, 2020**

**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 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.  
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: \_\_\_\_\_

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
<b>Total</b>					

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.

### Credit Card Information:

circle one:    

Card Number: \_\_\_\_\_

Exp Date: \_\_\_\_\_

CVC: \_\_\_\_\_



223 Little Falls St.  
Falls Church, VA 22046

PRESORTED  
STANDARD MAIL  
US POSTAGE  
**PAID**  
MERRIFIELD, VA  
PERMIT NO. 7034



# City of Falls Church Farmers' Market

## OPEN YEAR ROUND!

**Saturdays in City Hall Parking Lot,  
300 Park Avenue**

**Now-December 26, 2020  
8am-Noon**

**January 2-March 27, 2021  
9am-Noon**

**Enjoy fresh fruit, vegetables,  
flowers and more!**

FARMERS  
MARKET  
FALLS CHURCH  
CITY HALL  
EVERY SATURDAY



**Voted America's  
Favorite Farmers'  
Market!**

