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King George County Out and About

In this section you will find information on those who play a role in meeting your leisure needs.

- **King George County Board of Supervisors**
The Board of Supervisors meets the 1st and 3rd Tuesdays of the month at 6:30p.m in the Revercomb Building. The Board of Supervisors consists of five members, one from each of the four districts and one At-Large. Your Board of Supervisors members are: Mr. Dale Sisson, Chairman - At-Large; Mr. Cedell Brooks, Jr., Shiloh District; Mr. Joe Grzeika, James Madison District; Mr. John LoBuglio, James Monroe District; and Mr. James Mullen, Dahlgren District
County Administration – 540-775-9181
Mr. A. Travis Quesenberry, County Administrator
- **L.E. Smoot Memorial Library – 540-775-7951; www.smoot.org.** The library is located at 9533 Kings Highway.
- **Virginia Cooperative Extension Service – 540-775-3062;** located in the Village Center at 10087 Kings Highway. Assistance may be found in the areas of Agricultural and Natural Resources, Commercial Horticulture, Family Consumer Sciences, 4-H Youth Development and Community Viability. The Virginia Cooperative Extension Service is part of Virginia Tech and Virginia State University. Additional information may be obtained at www.offices.ext.vt.edu/king.george
- **Virginia Department of Forestry – 540-663-0181.** Local office is located at 11617 Caledon Road. Information about the forest land in King George County may also be found at www.dof.virginia.gov/R2/kge-index
- Virginia Department of Game and Inland Fisheries – 804-367-1000
King George County Game Warden 540-775-2049.

- Virginia Department of Conservation and Recreation – 804-786-1712
Caledon State Park; located in King George County at 11617 Caledon Road. Call 540-663-3861 for information regarding the park or their interpretive programs or visit www.dcr.virginia.gov for information on this park and other Virginia State Parks.
- Virginia Tourism Commission – 804-545-5500 / www.vatc.org
- **Dahlgren Naval Surface Weapons Center – Operator – 540-653-8291**
- **King George Historical Society, Inc.** is a non-profit 501 c 3 organization whose purpose is to collect, preserve and to disseminate both information and material of every nature relating to the history, antiquities and literature of King George County in the Commonwealth of Virginia. For more information go to their website at www.kghistory.org
- **Fall Festival Committee** – plans this annual event. Everyone is welcome to join in the celebration. There is a parade, music, games, food, a Fall Festival Queen, and a Fall Festival Dance; all to benefit the King George Fire and Rescue Association.

Inside the Department

- **Our Vision** is to become Virginia’s premier County in bringing people together and enriching lives through recreation and community activities.
- **Our Mission** is to **effectively** deliver services by providing diverse and balanced recreation programs and facilities that incorporate the needs, interests and desires of our citizens. With citizens’ support and involvement and interactive utilization of facility, community and natural resources we contribute to **maintaining** community character, **enhancing** community spirit, **developing** partnerships between private enterprises, civic organizations and individuals; hence, **reaching** out **enhancing** lives and **contributing** to the community livability.
- **From the Department**
It is hard to believe that summertime is upon us. Schools’ will soon be letting out and we, as parents, will here the legendary cry “I’m bored.” Staff has once again prepared a variety of activities/programs to meet the needs of all ages. In addition to our popular summer camps and athletic camps, staff is excited about the return of Community Partners’ Friday Night Flicks and special kick-off program, Summer Fest and Fair 2010 at Barnesfield Park. Didn’t see a program of interest, please give our staff a call. Often, our programs come from your input.
The staff hopes you enjoy the format of our Program Guide. Its intended purpose is to assist you in finding not only activities offered by the Parks and Recreation Department; but also, as a resource of other non-profit organizations and private enterprises offering recreational activities in their respective categories. NOTE: If we have inadvertently left an organization or private enterprise out that serves the public, please call Tim Smith at 540-775-4386 or email at tsmith@co.kinggeorge.state.va.us
- **Parks and Recreation Advisory Committee**
The King George County Parks and Recreation Advisory Committee is appointed by the Board of Supervisors to represent the citizens of their

corresponding districts. In addition, the Committee has two non-voting members representing NSWC and the students. Members advise staff on issues related to programs, planning and services; and aid in conceptualizing departmental facilities and operations. Members meet the second Wednesday of every month beginning at 6:30p.m at the Citizens Center. Your representatives are: Vacant - James Monroe District; Leslie Vann – Vice Chair, Shiloh District; Ken Novell – Secretary, At-Large; James Madison District; Stevie Gray, Dahlgren; Alice Stanton, NSWC and Vacant - Student

- **Parks and Recreation Staff Members**

Need to get in touch with a staff member! You may contact us by phone at 540-775-4386, by fax at 540-775-5255, by email

kgpr@co.kinggeorge.state.va.us or individually at the following addresses:

Tim Smith, Director of Parks and Recreation / tsmith@co.kinggeorge.state.va.us

Lorenzo Smith, Athletic Supervisor / lsmith@co.kinggeorge.state.va.us

Janine Paulsen, Recreation Supervisor / jpaulsen@co.kinggeorge.state.va.us

Linda Gallagher, Administrative Assistant / lgallagher@co.kinggeorge.state.va.us

or come by our office to speak to a staff member in person (**appointments guarantee seeing a specific staff member**).

We work closely with the Department of General Properties with regards to building and grounds maintenance. If you encounter a building and grounds issue, please give our department a call so that we may forward the message.

- **Office Information**

The Parks and Recreation office operates out of the Citizens Center, located at 8076 Kings Highway. **Our business hours are 8:00a.m – 7:00p.m Monday – Thursday and 8:00a.m – 5:00p.m on Friday.** Our offices are closed on holidays designated by the state. To speak to a staff member you may personally come by, call 540-775-4386 or TDD# 540-779-2049, email, fax or by mail at Parks and Recreation, P.O. Box 71, King George, VA. 22485. You may check out our programs on the County's website www.king-george.va.us or browse our programs and register on-line (only way to pay by credit card) at www.active.com/browse/kinggeorgecounty

Inclusion Statement: King George County Parks and Recreation is committed to providing a variety of programs to meet the needs and desires of all of its citizens. If you have a disability and need reasonable accommodations, please contact the Department to discuss participating. We ask that you notify us when registering, but not less than ten (10) working days prior to the program or event so that we may make the necessary arrangements.

KG ALERT – Sign up for this free service offered by the King George County Emergency Services to notify you of important information due to an emergency, disaster, road closure or inclement weather. Information is delivered, by choice, to e-mail, cell phones with text messaging capabilities, palm pilots and blackberries. You may also specify information you want to

receive such as parks and recreation, schools and county information. To sign up, go to www.kgalert.com. This is a service of the King George Department of Emergency Services – 540-775-8574.

PRESCRIPTION DISCOUNT CARD - King George County, in conjunction with the National Association of Counties, is pleased to offer to its citizens a free Prescription Discount Card. The card provides a discount on prescriptions not covered by insurance. Pick up your card at the Citizens Center or the County Administration Building.

King George County has implemented an **AMBULANCE FEE for SERVICE** program. This program aids in offsetting costs associated with providing citizens quality service. Financial reimbursement will come from Medicaid, Medicare and other private insurance companies who already include this service in the coverage they offer to the people they insure. For more information, please call King George County Department of Emergency Services at 540-775-7995.

- **The Place Where Programs Call Home**

Programs are offered throughout the County. Most facilities are located within a twenty minute drive. For your convenience, we have listed the main sites used and their addresses and abbreviations used throughout this guide. If you are still unsure where a facility is located, please do not hesitate to contact us. Our facilities are:

Citizens Center - King George County Citizens Center – 8076 Kings Highway (Rt. 3); 8:00a.m – 11:00p.m weekdays / 12:00a.m on weekends for programs and rentals.

Barnesfield Park – 3360 Barnesfield Road (off Rt. 301, 1 mile South of Potomac River – Harry G. Nice Bridge)

Tennis Courts - King George County Tennis Center – 8246 Dahlgren Road (Rts 206 & 3) – daylight use only except during school hours.

Sealston Sports Complex – 11048 Fletchers Chapel Road; athletic fields for daylight use only.

KGHS - King George High School – 10100 Foxes Way (Rts. 3); Gym and Athletic Fields after 6:00p.m / weekends

KGMS - King George Middle School – 8246 Dahlgren Road (Rt. 206); Gym after 6:00p.m / weekends

OKGMS-Old King George Middle School-8562 Dahlgren Road (Rt. 206); Gym after 6:00p.m./ weekends

PES - Potomac Elementary – 16495 15th Street (near the corner of Rt. 206 and Gym and Outdoors after 6:00p.m / weekends

KGES - King George Elementary – 10381 Ridge Road (Rts. 205 & 3); Gym, Cafeteria and outdoors after 6:00p.m / weekends

OKGES - Old King George Elementary – 9100 Saint Anthonys Road; Gym and old Cafeteria anytime, subject to availability.

Sealston Elementary – 11048 Fletchers Chapel Road (off Rt. 3); Gym and Outdoors after 6:00p.m / weekends

Slater Farm – by appointment only. Call the P&R Dep't for further information.

* See map for general location of facilities.



- **King George County Public Facilities Tour**

In addition to the facilities used for programs, the Parks and Recreation Department is directly responsible for the oversight of Wayside Park, Barnesfield Park, Sealston Sports Complex, Wilmont Landing and the Citizens Center.

Wayside Park is a 10 acre park site on the Potomac River located on Route 301 at the Harry G. Nice Memorial Bridge. Amenities include several picnic tables, two grills and approximately 100 yards of beach. Parking is limited on-site; however, there is additional parking located at the commuter parking lot adjoining the Welcome Center and at Barnesfield (a short 5 minute stroll).

Barnesfield Park is located on Route 301 approximately one mile south of the Harry G. Nice Memorial Bridge. This 150 acre park has 2 picnic shelters, 3 baseball/softball fields, 1 Little League size field, 2 multipurpose fields, outdoor basketball courts and fitness loop.

Sealston Sports Complex – is a 45 acre park adjoining Sealston Elementary School. Currently, this facility consists of a 10 acre multipurpose field and four baseball/softball fields. There is limited parking within the park and additional parking is permitted at the school's parking lot.

Wilmont Landing – this landing provides public boat access to the Rappahannock River. This site has very limited parking available. Wilmont

Landing is located on Wilmont Road off of Rollins Fork Road (Rt. 681). To reach Rollins Fork Road, follow Rt 3 approximately 6 miles east of Rt 301 & 3 intersection.

Citizens Center – located at 8076 Kings Highway (across from The Shops at King George shopping center). Inside the Center is the Parks and Recreation office, a conference room, a banquet room and kitchen. Tuesday through Thursday mornings, the Rappahannock Area Agency on Aging offers a program for mature adults on one side of the banquet hall while the other side is used for a variety of recreational activities. Recreational programs are offered on-site all week long. When not in use for departmental activities, the Center may be rented for functions. Outside, there are sand volleyball courts, a playground and a couple of picnic tables.

- **In Route Via Public Transportation**

The Citizens Center is one of the designated stops along the FRED (Fredericksburg Regional Transit – 540-372-1222) system. We are Stop 624 on Bus Route #18.

- **Movie-Goers**

Come to the Parks and Recreation Department to get your discounted Regal Cinema Movie Tickets. We offer two types of tickets, the VIP Super Saver and Premier Super Saver. VIP Super Saver tickets are \$6.50 each and allow individuals to see a movie two weeks after being released. Premier Super Saver tickets cost \$7.50 each and have no restrictions.

- **FUNd for Kids**

Interested in making a difference in a child's life? Through the generosity of individuals and organizations; and in conferring with the schools, church leaders and Department of Social Services, many youth are afforded the opportunity to participate in activities that otherwise they may not be able to because of financial reasons. If you have an interest in helping give a child an opportunity to participate, please consider donating. Your support is greatly appreciated.

IMPORTANT General Program Information: Please Read.

The programs that are listed in this Program Guide are the programs that we had planned by the publication due date. Please check our website for additional programs or call the Department for any updated programs.

- Due to facility uses, programs may be subject to changes in times and/or locations. Please verify with the Department upon registering. We attempt to notify you as early as possible with any program change. If we fail to reach you, please accept our apology for any inconvenience caused.
- Please register for classes in advance. Waiting until the last minute may cause a class to cancel. Classes may be cancelled due to insufficient enrollment.

- Unless otherwise noted or notified by an instructor/program supervisor, classes/programs may be held on holidays.
- **LATE REGISTRATION FEES: A \$10 late fee will be imposed on any program registrations coming in after the designated deadline. Any late registrations coming in beyond two weeks after the registration deadline will be assessed \$20 plus any additional cost associated with ordering equipment or supplies.**
- Inclement Weather Policy: At this time, the King George County Parks and Recreation Department follows the King George County Schools schedule for programs offered in the schools. Programs offered at other locations are dealt with on a case by case basis.
- Insufficient Funds - Checks returned for insufficient funds will be assessed a \$35 fee by the Treasurer's Office and the check-writer's name will be forwarded to our Department. The Department will no longer be able to accept checks from said check-writer.
- Refunds
 - Full refunds are issued in the event a program cancels; or if the Department is notified prior to the program starting and where no costs are incurred. Where costs were incurred for deposits, apparel, equipment or any other program related expenses; those costs will be deducted from the refund.
 - No cash refunds will be given. Refunds generally take two to four weeks to receive due to accounts payable cycle.
 - Refunds are not issued after programs begin or for unattended classes.
 - Unusual circumstances will be handled on a case by case basis and may be subject to being credited for unused funds.
- Cancellations/Postponements of Programs

Every once in a while we think we have a great program idea or an instructor has proposed a great program; but the enrollment is insufficient. Staff looks at postponing the program (time to be determined) to see if there is evidence that we think we can get the program to make through other means; and canceling as a last resort. When we cancel, we do our best to notify participants and issue a refund.

Program Evaluations

Program evaluations will be randomly given to participants or their parents. Evaluations are issued to gauge how programs are received, the instruction or coaching, an assessment on the registration process from the time you get registration form to making payment and our reflection on you, the facilities we use and your ideas on what we can do to better serve you whether it is in program offerings, staffing or department operations.

SUMMER CAMP PROGRAMS

Our camps are offered to afford youth a variety of weeklong ventures. Staff hopes that we have provided something for everyone. Only the Parks and Recreation Department's "Summer Sensations" and "Teen Breakout" camps are 8-week, Monday - Friday licensed day care programs. Summer Sensations at King George Elementary and Teen Breakout are offered from 7:30a.m – 5:30p.m. Summer Sensations at Sealston Elementary is

offered from 6:30a.m. – 6:00p.m. **CAMP FEES for Summer Sunsatons at King George Elementary and Teen Breakout (per person) are:** \$25.00 one-time registration fee (campers receive camp t-shirt and daypack); \$125.00 per week camp fee. **CAMP FEES for Summer Sunsatons at Sealston Elementary (per person) are:** \$25.00 one-time registration fee (campers receive camp t-shirt and daypack); \$140.00 per week camp fee. Weekly fees cover: Day trips, bowling and skating (if available) and other camp related activities!!!! The **only** additional cost to participants will be for our Kings Dominion Trip unless participants bring their own season pass.(\$40.00)

***PARKS AND RECREATION HAS THE RIGHT TO CANCEL TRIPS AND ACTIVITIES IN THE EVENT OF INCLEMENT WEATHER CONDITIONS or HEAT ADVISORIES.**

CAMP PACKETS ARE NOW AVAILABLE AT CITIZENS CENTER.

(YOU MUST HAVE A COMPLETE PACKET TO REGISTER).For more information, please contact Janine Paulsen, Recreation Programs Supervisor. *Deadline registration is June 11th for “Week 1”.* (Registration is required on Wednesday, one week prior to your child or children attending camp).

“Summer Sunsatons” Day Camp - June 28th - August 20th @ King George Elementary and Sealston Elementary

This is a wonderful day camp for children, ages 6 -10 (Children must have completed Kindergarten to participate in the program). They will enjoy and participate in exciting activities, new experiences, rewarding adventures, new relationships and more. Campers love the variety of programs and trips. Each week campers will go skating, bowling and a weekly field trip, if available (see below). The enthusiastic staff provides a safe and wonderful environment for the children to be stimulated and have a meaningful week of fun and excitement. **Enroll early as we only accept 100 youth.**

SUMMER SUNSATONS (CAMP) 2010

<u>Week</u>	<u>Theme</u>	<u>Location</u>	<u>To Do/To Wear</u>
WEEK 1	It’s All Drama (Talent Show)	Riverside	Rock Star
WEEK 2	Going Green (Recycle)	Gilbert Run	Red, White and Blue
WEEK 3	Wild and Wet Fun	Splash Down	Beach Day
WEEK 4	Read All About It	Newseum	American Spirit Week
WEEK 5	Ultimate Fun Olympic Week	Natural History Museum	Pajamas Day
WEEK 6	Food and Fun	Chef’s Academy	“Jersey Day”
WEEK 7	Animal Antics	Zoo	Cami & Kaki
WEEK 8	Creative Minds	King Dominion	“Players Day”

Tuesday BOWLING is scheduled
Friday SKATING is scheduled

Field Trips are scheduled

Teen Breakout - June 28th – August 20th @ King George Elementary

Teen Breakout Camp is offered for children ages 11-15 years of age. This summer's program will offer a fun, exciting and historical learning environment as we take the teens on a Journey Through Time. This is a wonderful day camp for teens. They will enjoy and participate in exciting activities, new experiences, rewarding adventures, new relationships and more. Campers love the variety of programs and trips. Each week campers will go skating, bowling and a weekly field trip, if available (see below). The enthusiastic staff provides a safe and wonderful environment for the children to be stimulated and have a meaningful week of fun and excitement. **Maximum number of participants will be 50 campers.**

<u>Week</u>	<u>THEME</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
WEEK 1	Exploring Richmond	Westmoreland Swimming	Richmond Civil War Reenactment
WEEK 2	Going Green Week	Westmoreland Swimming	Gilbert Run Park
WEEK 3	Wet –n- Wild Week	Westmoreland Swimming	Splash Down
WEEK 4	Read All About It	Westmoreland Swimming	Newseum
WEEK 5	Ultimate Fun Olympic Week	Westmoreland Swimming	Natural History Museum
WEEK 6	Under Investigation	Westmoreland Swimming	Spy Museum
WEEK 7	Animal Antics	Westmoreland Swimming	Washington National Zoo
WEEK 8	Creative Minds	Westmoreland Swimming	Kings Dominion

Tuesday BOWLING is scheduled

Friday SKATING is scheduled

Field Trips is scheduled

*** Please note this is a tentative schedule, trips and/or activities may change due to availability and weather. ***

PAYMENT SCHEDULE for Summer Sunsatons at King George Elementary and Teen Breakout @\$125.00 PER WEEK LESS DEPOSIT TO BE PAID AT THE PARKS AND RECREATION DEPARTMENT or ON-SITE on WEDNESDAYS BETWEEN 7:30a.m and 9:30a.m.

****In order to hold spot and keep your child on the camp roster you will be required to pay a \$25.00 deposit for each additional week of camp they are planning to attend.**

Example: When you register you will pay a registration fee of \$25.00. You will pay \$125.00 for your first week and if you plan any additional weeks you will pay a \$25.00 DEPOSIT for each week requested. In addition you will pay for Kings Dominion \$40.00 at registration or provide a Season Pass on the day of the trip.

\$25.00 Registration Fee
\$125.00 First Week of Camp
\$200.00 (\$25 x 7 Additional Weeks Deposit)
\$40.00 Kings Dominion
\$390.00 Total Deposit

PAYMENT SCHEDULE for Summer Sunsatons at Sealston Elementary @\$140.00 PER WEEK LESS DEPOSIT TO BE PAID AT THE PARKS AND RECREATION DEPARTMENT or ON-SITE on WEDNESDAYS BETWEEN 7:30a.m and 9:30a.m.

**In order to hold spot and keep your child on the camp roster you will be required to pay a \$25.00 deposit for each additional week of camp they are planning to attend.

Example: When you register you will pay a registration fee of \$25.00. You will pay \$140.00 for your first week and if you plan any additional weeks you will pay a \$25.00 DEPOSIT for each week requested. In addition you will pay for Kings Dominion \$40.00 at registration or provide a Season Pass on the day of the trip.

\$25.00 Registration Fee
 \$140.00 First Week of Camp
 \$200.00 (\$25 x 7 Additional Weeks Deposit)
 \$40.00 Kings Dominion
\$405.00 Total Deposit

Payments accepted as follows:

(CHECKS/MONEY ORDERS ONLY – NO CASH AT CAMP SITES)

NOTE: You will be given a receipt when you make payment please keep this for tax purposes. Parks and Recreation is unable to provide statements for tax purposes.

EXCITING WEEKLONG CAMPS

What’s Cooking (Yummy Yummy Camp)

These camps are a real *TREAT* for the participants. Cost covers apron, ingredients, cookbook and instruction from Gloria Burrell. Students will learn how to read a recipe and get out ingredients to make a snack to eat. Students will be making and creating edible creations. Students will make cakes and cookies to decorate. Older students will learn how to set a table and a buffet table.

Pre-schoolers (ages 2 -4) will be introduced to beginning cooking techniques as they explore different tastes and textures of foods. Limited to 10 participants.

Kids in the Kitchen! (ages 5 – 8 and 9 and older) This is a great class to get kids in the kitchen. Participants will have fun exploring healthy recipes that can be easily reproduced at home. They will enjoy learning basic techniques, being creative and making some delicious and appealing recipes. Great reviews from past participants. Limited to 16 chefs.

Code#	Age	Day	Date	Time	Cost	Location
XXXX.409	2 - 4	M - F	7/12 – 7/16	9 – 10a.m	\$ 50	KGES
XXXX.409	5 - 8	M - F	7/12 – 7/16	10:15 –11:15a.m	\$ 50	KGES
XXXX.409	9+	M - F	7/12 – 7/16	11:30 - 1p.m	\$ 55	KGES
XXXX.409	2 - 4	M - F	7/26 – 7/30	9 – 10a.m	\$ 45	KGES
XXXX.409	5 - 8	M - F	7/26 – 7/30	10:15 –11:15a.m	\$ 45	KGES
XXXX.409	9+	M - F	7/26 – 7/30	11:30 - 1p.m	\$ 40	KGES

SUMMER ATHLETIC CAMPS

Girls Youth Basketball Camp

Teri Priebe, former King George High School JV Girls Basketball Coach, will be directing this camp for rising 4th – 9th grade girls. Fee for this program includes participant tickets to the Washington Mystics vs. San Antonio Silver Stars WNBA game on Thursday, July 29th. Registration deadline July 12th. Location:KGHS

Code#	Grade	Day	Date	Time	Cost
2072.410	4-6	M-F	7/26-7/30	9am-12pm	\$75.00
2073.410	7-9	M-F	7/26-7/30	9am-2pm	\$85.00

Co-Rec Basketball Camp

This popular basketball camp under the direction of New King George High School Varsity Basketball Coach, Anthony Clark. The camp is geared for ages 8-15 and includes basic instruction in dribbling, shooting, passing and rebounding. We will play 5 on 5 games every day of the camp. Additionally, offensive and defensive strategies will be discussed. Fee covers camp shirt, basketball, certificate, instruction and fun. Registration deadline is Thursday, July 1st. Location: KGHS

Code#	Ages	Day	Date	Time	Cost
2075.410	8-15	M-F	7/19-7/23	9am-4pm	\$85.00

Tennis Camp

Mr. Martin Wolowicz, King George High School Girls Tennis Coach is instructing this great tennis camp. The beginners will be taught basic strokes and rules. The intermediate class works on tennis techniques and strategies. Registration deadline: Monday, July 12th. Tennis racquet is needed and water bottle. Location- KGMS

Code#	Age	Day	Date	Time	Cost
5098.410	7-12	M-F	7/26-7/30	8am-10:30am	\$70.00
5099.410	12-Adult	M-F	8/2-8/6	8am-12noon	\$80.00

Challenger – British Soccer Camp

“Simply put, amazing coaches with cool accents who make learning soccer fun!” Through Challenger’s innovative approach to coaching, skills are taught within the framework of character development based on respect, responsibility, integrity, leadership and sportsmanship. Four programs are being offered: Mini Soccer for 4-5 year olds; Half Day programs for 6-8 and 9-16 year olds; and Full Day 10-16 year olds. Please sign up online: www.challengersports.com or at Parks and Recreation.

Location: King George Middle School

Code#	Age	Day	Date	Time	Cost
___.410	4-5	M-F	6/21-6/25	10:15-11:45am	\$78
___.410	6-8	M-F	6/21-6/25	9-12noon	\$97
___.410	9-16	M-F	6/21-6/25	1-4pm	\$97
___.410	10-16	M-F	6/21-6/25	9-4pm	\$146

Hook a Kid on Golf-Tee Level

This national program is designed to give youngsters, who would not have the opportunity, the chance to learn and play golf. The mission of Hook a Kid on Golf is to give youngsters, who in the past have been limited to other sports, the same opportunities with golf. Who is Eligible for the program?

Any youngster is eligible for Tee Level clinics as long as they meet the following criteria:

- They have never played golf before
- They do not own a set of golf clubs
- They are between the ages of 8-15

The program cost is \$160 which includes golf instruction, starter set of golf clubs, with bag, golf bag tag. “Hook a Kid on Golf” golf shirt, hat, golf balls, rule books and our par

instructors. Registration deadline: Friday, June 18th. Size of class is limited to 16 participants. Location – Cameron Hill Golf Links

Code#	Age	Day	Date	Time	Cost
2060.410	8-15	M-F	7/12-7/16	9am-12noon	\$160

Hook a Kid on Golf – Green Level

Cameron Hills Golf Links in King George has been selected and has agreed to host a Hook A Kid On Golf Green Level Training Program. Hook a Kid On Golf is a national youth golf program located in approximately 250 communities nationwide. “We are excited about the opportunity to host this program”, said Lorenzo Smith, local Hook a Kid On Golf Site Coordinator. “Most youngsters have unlimited opportunities to play sports as baseball, basketball and football, but only a select few get the opportunity to learn about golf.”

The Green Level Training Program is a week long program aimed at developing golf skills and rules and etiquette knowledge through practical, on-course training. Youngsters will be taught the basics of course management and learn how to apply it to their team. To be eligible for participation youngsters must be between the ages of 8 and 15 and have had a previous introduction to the game and have their own golf clubs. For more information about the program please contact Lorenzo Smith at 775-4386. Location – Cameron Hills Golf Links.

Code#	Age	Day	Date	Time	Cost
2061.410	8-15	M-F	7/26-7/30	9am-12noon	\$80

Gymnastics Camp

King George Parks and Recreation will be offering a summer gymnastics camp for ages 5-15 years of age. The camp is geared towards beginners through level 3. This camp is offered in half day and all day times. The dates for this fun camp will be July 26th – 30th, with the registration deadline being July 6th. Location OKGES.

Code#	Age	Day	Date	Time	Cost
2062.410	5-15	M-F	7/26-7/30	9am-12non	\$80
2063.410	5-15	M-F	7/26-7/30	9am-4pm	\$160

Middle and High School Football Camp

King George High School, varsity football coach – Jeff Smith and his staff will be conducting this annual camp July 26th – July 29th. The camp will be held at King George High School practice field from 6pm-8pm. The camps focus will be on conditioning and skills. Attire: shorts, tee shirts, cleats and tennis shoes, if we have to use the gym.

Code#	Age	Day	Date	Time	Cost
2077.410	12-18	M-Th	7/26-7/29	6pm-8pm	\$40

Dance Camps

Hip –Hop Camp

Charli’s Hip-Hop Camp is a great first step to your hip-hop dancing dreams! We will explore different hip-hop techniques using rhythm, tempo, musicality, choreography, improv, breakdancing, and lottttts of fun! No experience necessary, just bring a smile and your dance shoes! Camp will end with a performance for family and friends on Saturday July 31st from 10:00 – 11:00am at King George Middle School! Registration Deadline is July 19th.

Participants: Minimum: 5, Maximum: 20

Code#	Age	Day	Date	Time	Cost	Location
XXXX.	6-12	Mon-Fri	7/26-7/30	5:00-6:00pm	\$40	Citizen's Center
		Sat	7/31	10:00-11:00am		King George Middle School

Creative Movement Camp

Creative Movement Camp will serve as a wonderful introduction to dance for your child! We will explore concepts such as rhythm, balance, speed, tempo, acting, and basic locomotor skills and dance vocabulary. We will also incorporate lessons in math, shapes, animals, colors, and emotions to give children an environment they can joyously learn and grow in. Camp will conclude with a Saturday performance for friends and family on August 7th from 9:00 – 10:00am at King George Middle School! Registration Deadline is July 27th.

Participants: Minimum: 5, Maximum: 20

Code#	Age	Day	Date	Time	Cost	Location
XXXX.	3-5	Mon-Fri	8/2 – 8/6	4:00-4:45pm	\$40	Citizen's Center
		Sat	8/7	9:00-10:00am		King George Middle School

Ballet Camp

Ballet Camp is open to all levels of experience! Using imagery and imagination we will explore and build a strong ballet and dance foundation for each individual, depending on their own personal levels and needs. Camp will end with a performance for family and friends on Saturday, August 7th from 10:00 – 11:00am!

Registration Deadline is July 27th.

Participants: Minimum: 5, Maximum: 20

Code#	Age	Day	Date	Time	Cost	Location
XXXX.	6-12	Mon-Fri	8/2 – 8/6	5:00-6:00pm	\$40	Citizen's Center
		Sat	8/7	10:00-11:00am		King George Middle School

Toddler/Tot Programs/Tot Tours

Our Toddler/Tot and Tot Tour programs are geared for children typically 18 months to 5 year olds. We attempt to broaden their horizon through participatory activities and introduce them to new friends and to investigate new places.

Hot Shot Tots

This program provides an introduction to, and the basic skills associated with basketball, soccer, hockey and tee – ball. The program will use various games and sport skills to improve gross motor skills, as well as hand/eye coordination. Participant's shirt included in fee. DATES: TBD

Open Gym @ Old King George Elementary School Gym

This popular drop-in program is designed for children 18 months and up. Movement exercise to songs, tumbling and open play with an emphasis on FUN! Held every Thursday from 10:00 – 11:00a.m. Fee is \$3 per child/\$1 each additional child to be paid at gym.

MOMS Club of King George

The MOMS club of King George is a support group for stay at home moms and their children. It is an international nonprofit organization with 2,000+ chapters in seven countries. We are just for you, the at-home mother of today! In addition to monthly informative meetings, we will have playdates, park days, holiday parties, and special

interest groups. We also do service projects to help needy children! Our meetings are during the day, when mothers-at-home need support, and mothers may bring their children with them to our activities! Meetings begin at the end of Tot Time, on the first Tuesday of every month. No registration necessary to attend meetings. Participants: Minimum: 2, Maximum: 30. For more information about our chapter, contact Jessie Brown at 540-625-2236 or at momsofkg@yahoo.com.

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
XXXX.	Mom	1 st Tues	6/1/10 – 6/1/11	11:15 – 12:30	\$20/year	Citizens Center

TOT Activities

Red, White, and Blue Lawn Party

Bring your tots out for a cookout and a fun day in the sun! We will be at the Citizen’s Center, out back by the playground and volleyball courts. Food will be served and firecracker crafts will be made. Just make sure you bring sunscreen, beach chairs or blankets, and you! Siblings of participants are welcome with a \$5 fee, parents are free. Registration deadline: June 15th.

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
XXXX.	1-5	Tuesday	6/29	10:00am – 12:00 pm	\$5/child	Citizens Center

Cool Kids Bake and Cake Walk

Homemade ice cream will be provided. Take home winning cakes as we go round to live music provided by local talent. Ice cream magnet crafts will also be made! Siblings of participants are welcome with a \$5 fee, parents are free. Registration deadline: July 20th.

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
XXXX.	1-5	Tuesday	7/27	10:00am – 12:00pm	\$5/child	Citizens Center

Summer Carnival

Come out to Barnsfield and enjoy a summer close-out carnival style. There will be games, food, and community fun!! A summer memory book and photo from the carnival will be provided. Siblings of participants are welcome with a \$5 fee, parents are free. Registration deadline: August 24th.

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
XXXX.	1-5	Tuesday	8/31	10:00am – 12:00pm	\$5/child	Barnsfield Park

Youth Programs

Youth programs are those programs whose primary audience is ages 5 – 17. These are non-athletic programs that are offered whose focus is on the arts, culture, physical and structured movement.

Play It Smart Before and After School Program – Packages are available at King George Parks & Recreation.

The King George County Parks and Recreation Department and the KG County Schools have teamed up to offer a before and after school program, ages K – 6th. Supervised

activities will include games, sports, crafts, fitness and homework assistance. This is a licensed day care program. This program will instill character education, fitness and nutrition. A half-hour is designated everyday for homework and reading time. Please pick-up by 6:00 pm. **Note: On half days the morning program will be open and the afternoon program will be closed. On holidays both morning and afternoon programs are closed.**

COST \$50.00 week/\$15.00 day BEFORE & AFTER SCHOOL

\$25.00 week/\$5.00 day BEFORE SCHOOL ONLY @ All Elementary Schools 6:30 – 8:30a.m

\$40.00 week/\$10.00 day AFTER SCHOOL ONLY @ All Elementary Schools - 3:30 – 6:00p.m

PRE-REGISTRATION IS REQUIRED AND HELD AT THE King George Parks and Recreation Office. Program is limited to 50 students per school per week at King George and Sealston Elementary and 25 students per week at Potomac Elementary. Call the Recreation Department for more details.

Passport to the Arts Workshop

In this workshop, young artists will explore the Arts of the World. They will travel to many countries, and learn about the country's arts and crafts. This is a unique workshop that combines geography and art. This class will be taught by Elizabeth Frownfelter Mark. **Registration deadline is July 2nd**. Location: Sealston Elementary School.

Participants: Minimum: 6, Maximum: 16

Code#	Age	Day	Date	Time	Cost	Location
XXXX.	5-14	W-F	7/7, 7/8, 7/9	9:30am – 12pm	\$50	Sealston Elementary

Sculpture Camp

In this workshop, young artists will explore the world of sculpture. Students will create a variety of sculpture using different 3-D media; from paper to plaster, wood, and homemade "clay". Students will learn to think in 3-D, and how to reuse objects around them to create art. This camp will be busy! Please note that there is a \$20 supply fee to be paid at time of registration. This class will be taught by Elizabeth Frownfelter Mark.

Registration deadline is July 7th. Location: Sealston Elementary School.

Code#	Age	Day	Date	Time	Cost	Location
XXXX.	8 - 16	M-F	7/12 – 7/16	1- 3:30	\$65(\$20 for supplies)	Sealston

Summer Art Camp

5 days of fun art projects! What could be better? Your young artist will explore art history while exploring line, shape, texture, color and much more using paint, drawing materials, and printmaking. A supply fee of \$15 will cover all supplies, and campers will leave with a creativity bag. Bring a healthy snack and wear clothing that can get messy! This class will be taught by Elizabeth Frownfelter Mark. **Registration deadline is July 6th**. Participants: Minimum: 6, Maximum: 16. Location: Sealston Elementary School.

Code#	Age	Day	Date	Time	Cost	Location
XXXX.	5 - 8	M-F	8/2 – 8/6	9:30am – 12pm	\$65(\$15 for supplies)	Sealston

Summer Art Class for 9 yrs +

Your young artist will explore art history while exploring line, shape, texture, color and much more using paint, drawing materials, and printmaking. A supply fee of \$15 will cover all supplies, and young artists will leave with a creativity bag. Bring a healthy snack and wear clothing that can get messy. **Registration deadline is July 6th**.

Participants: Minimum: 6, Maximum: 16. Location: Sealston Elementary School.

Code#	Age	Day	Date	Time	Cost	Location
XXXX.	9+	M-F	8/2 – 8/6	1-3:30pm	\$65(\$15 for supplies)	Sealston

Piano Lessons

It is finally YOUR turn. You've always wanted to play piano for fun and this is the perfect opportunity. Low stress; low cost. High fun; high rewards. All you need is a piano or keyboard at home. If you have a portable keyboard, bring it to each class. Any starter keyboard will do to open the door to merry music making for a lifetime of fun.

In Beginners A you learn to read music with familiar tunes such as: Strangers in the Night; My Heart Will Go On; Twinkle, Twinkle Little Star and many more. You will lay a solid foundation in rhythm, chords, and theory, sight reading, and ear training. No previous musical background is needed. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered. This class will be held on Mondays from 7:00 – 8:15pm.

Advanced Beginners A (Second Year) is perfect for those returning to music. Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. We will be playing in the major keys of C, G, and F and the minor keys of A & D. This class will be held on Mondays from 8:15 – 9:30pm.

Begin your summer fun with music. There will be a \$25 book fee payable to instructor at first lesson. Family discount: \$10 off for each additional student (\$80). Keyboard discount: \$5 off if you bring your own keyboard. For info contact Susan Bessette (540) 775-7498.

Registration deadline is June 14th. Participants: Minimum: 3, Maximum: 10.

Code#	Age	Day	Date	Time	Cost	Location
XXXX.	12+	M	6/21 – 7/26	7-8:15pm	\$90	Citizens Center
XXXX.	12+	M	6/21 – 7/26	8:15-9:30pm	\$90	Citizens Center

Group Guitar for Beginners

Do you have a dust covered guitar sitting in the corner that you've tried to play in the past, but gave up on because it was "too hard"? Or perhaps you tried to learn how to play guitar from a book, DVD, or YouTube video? The instructor on the DVD or video goes too fast, or perhaps you don't understand everything they are saying? Pick up that instrument and bring it in for a group guitar class!

Group guitar is a safe, fun setting for the beginner to explore learning the guitar. In this six-week program, you will learn basic chords, strumming patterns, basic blues patterns, songs, and how to properly care for your instrument. You will learn from an expert, upbeat, and patient teacher who loves to play and teach guitar. Note reading is not required to participate in this class. Parents of young students (ages 7 to 9) should attend class with their kids.

Students need an acoustic or electric guitar to participate. Guitar rentals *may* be available by calling Brittany Frompovich at 540-604-7266 or emailing her at lady.bass.music@gmail.com two weeks prior to class.

If you play electric guitar, please bring a small amp to class with you. Amps will not be supplied for classes.

July 1, 8, 15, 22, 29, August 5th. (In case of instructor cancellation, the makeup date will be August 12th)

Registration deadline is June 29th. Participants: Minimum: 7, Maximum: 15.

Code#	Age	Day	Date	Time	Cost	Location
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Tuesdays 5pm – 6pm 5—6 year olds Limit 10

Red Gyms (Starts August 3)

This class is for students working on levels one and two team skills. Skills are based on USA Junior Olympic guidelines. **Must be asked by coach in order to participate in this group!**

Tuesdays 6pm – 7pm 6-14 year old Limit 10

White Gyms (Starts August 3)

This class is designed for students working on level 3 team skills according to USA Junior Olympic guidelines. **Must be asked by coach in order to participate in this group!**

Tuesdays 7pm – 8pm 6-14 year old Limit 10

Parent & Me (Starts August 5)

This program is designed for parent and tot to explore motor skill development in a fun atmosphere. You'll experiment on many specially designed pieces of equipment.

Thursdays 5pm-5:50pm 18 months – 2 years Limit 10

Little Gyms (Starts August 5)

The class stresses basic muscle coordination and development and basic skills through structured play.

Thursdays 5pm-5:50pm 3 years old Limit 10

Advanced Level (Starts August 5)

This class is designed for students who have already had some gymnastics experience and need to master their skills.

Thursdays 6pm-7pm 6-9 year old Limit 10

Blue Gyms (Starts August 5)

This class will focus on boys gymnastic skills. Participants must have completed at least one previous session of gymnastics.

Thursdays 7pm– 8pm 6-14 year old Limit 10

**2010 FALL YOUTH GYMNASTICS
AT OLD KING GEORGE ELEMENTARY SCHOOL
Registration Begins: July 5, 2010
\$65 for 12-weeks and t-shirt**

The King George Youth Gymnastics program stress basic fundamentals and skill development on all four competitive events (vault, bars, beam and floor exercise). The general class format has been revised to better accommodate our participants. Note: all pre-school classes (**Kinder Gyms and Parent & Me**), are designed to develop muscle memory, coordination and basic gymnastics skills through structured organized play. For more information contact Heather Withrow, Head Coach 775-3482.

Parent & Me (Starts September 18)

This program is designed for parent and tot to explore motor skill development in a fun atmosphere. You'll experiment on many specially designed pieces of equipment.

Saturdays 9:00 – 9:50 AM 18 months – 2 years Limit 10

Little Gyms (Starts September 18)

The class stresses basic muscle coordination and development and basic skills through structured play.

Saturdays 10:00 – 10:50 AM 3 years old Limit 10

Short Gyms (Starts September 18)

Join our popular Pre-K program designed to develop music coordination and basic gymnastics skills.

Saturdays 11:00 – 11:50 AM 4 year olds Limit 10

Kinder Gyms (Starts September 13)

This Pre-School program is designed to develop muscle memory, coordination and basic gymnastic skills through structured play.

Mondays 5:00 – 6:00 PM 5 year olds Limit 10

Mighty Gyms (Starts September 14)

This class is designed for children ages 3-4. Children in this class must be able to show knowledge of gymnastics terms and demonstrate skills on all four gymnastics apparatuses. **Must be asked by coach in order to participate in this group!**

Tuesdays 5:00 – 6:00 PM 3-4 year olds Limit 10

High Flyers (Starts September 16)

This class is designed for children ages 5-6. Children in this class must be able to demonstrate advanced skills on all four gymnastic apparatus and know all basic terms. **Must be asked by coach in order to participate in this group!**

Thursdays 5:00 – 6:00 PM 5—6 year olds Limit 10

Beginners (Starts September 13 and September 16)

This class will stress basic fundamentals and skill development utilizing the various specialized pieces of equipment.

Mondays 6:00 – 7:00 PM (6-9 year old) Limit 12

Thursdays 7:00 – 8:00 PM (10-14 year old) Limit 12

Intermediate Level (Starts September 13)

Mondays 7:00 – 8:00 PM 6-9 year old Limit 10

Advanced Level (Starts September 16)

This class is designed for students who have already had some gymnastics experience and need to master their skills.

Thursdays 6:00 -7:00 PM 6-9 year old Limit 10

Red Gyms (Starts September 14)

This class is for students working on levels one and two team skills. Skills are based on USA Junior Olympic guidelines. **Must be asked by coach in order to participate in this group!**

Tuesdays 6:00 – 7:00 PM 6-14 year old Limit 10

White Gyms (Starts September 14)

This class is designed for students working on level 3 team skills according to USA Junior Olympic guidelines. **Must be asked by coach in order to participate in this group!**

Tuesdays 7:00 – 8:00 PM 6-14 year old Limit 10

Blue Gyms (Starts September 16)

This class will focus on boys gymnastic skills. Participants must have completed at least one previous session of gymnastics.

Thursdays 7:00 – 8:00 PM 6-14 year old Limit 10

ACTION GYMNASTICS

The Action Gyms Program is for 1-5 year old youngsters who just want to have some fun in the gymnasium. The program will focus on exercise, movement to music and coordination development skills. Location: Old King George Elementary School Gym.

Code	Age	Day	Date	Time	Cost
3005.110	1-2	Wednesdays	9/15/10 – 10/20/10	9-9:50am	\$30
3007.110	3-5	Wednesdays	9/15/10 – 10/20/10	10-10:50am	\$30

TUMBLING

King George Parks and Recreation is offering **Tumbling** this fall. Beginner- This 60minute class develops basics tumbling skills, strength and flexibility using the floor and mats. These basic tumbling fundamentals will physically develop coordination, flexibility, balance and endurance. Advanced – Students must be proficient in back handsprings and ready to work back tucks. This class develops advanced tumbling skills, strength and flexibility. These basic tumbling fundamentals will physically develop coordination, flexibility, balance and endurance.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>
3003.110 Beg.	5-17	Wednesdays	9/15/10 – 10/20/10	5pm-6pm	\$60
3004.110 Adv.	5-17	Wednesdays	9/15/10 – 10/20/10	5pm-6pm	\$60

2010 Fall Youth Soccer Kids!

The youth soccer program is a competitive recreational coed league. The program focuses on the fundamentals of dribbling, passing, shooting, defending and teamwork. Practices are conducted twice weekly during the pre-season. Once the games begin, there is not more than one scheduled practice per week. Practices are held at Barnesfield Park, the NEW Sealston Park and the local school sites. Coaches determine the practice days and times for practices (no practices before 5:30pm). Parents are strongly encouraged to attend a Youth First Parent Orientation, which is designed to familiarize them with our program philosophy, Wednesday, July 29, 2009, 7pm, KG Elementary, Cafeteria. Uniforms are provided (jersey, socks and shorts). Season conducted August - October. Each team will play between 8 and 10 games. **Registrations are accepted June 1st – July 30th, on a first- come, first-served basis. Mail-in registration is preferred.**

Practices: begins in August

Fees: \$75 per participant (without uniforms)
\$63 per participant (with uniforms)

Uniform Colors

Leagues: (5-6 yrs), (7-8 yrs), (9-11 yrs), (12-15) and (15-18) in school.

Age control date is August 1, 2010.

Player Evaluations: Held at Sealston Sports Complex (No evaluations for 6 & under and 8 & under). Player picks will be held immediately following the skills evaluations, coaches attend only.

9-11 year olds	Tuesday, August 3 rd	6:00pm
12-15 year olds and 15-18 year olds	Thursday, August 5 th	6:00pm

All players in the 9-11, 12-15 and 15-18 age groups must attend the evaluations on the above dates.

Home Games/Days: Held at the Sealston Sports Complex and school sites

5-6 year olds	Mondays and Saturdays
7-8 year olds	Mondays and Saturdays
9-11 year olds	Thursdays and Saturdays
12-15 year olds	Wednesdays and Saturdays
15-18 year olds	Saturdays and Sundays

START SMART

Start Smart is an instructional and developmental program that enables kids aged 4 -5 years to have a positive sports experience. It is a step-by-step approach that builds self-confidence while teaching, the fundamentals of the games. Parents participate with their children to help teach them the basic skills needed for the next level of organized play, utilizes positive reinforcement and fun activities. Classes limited to 24 per session.

Soccer

Registration: July 6th – August 18th or until spaces are filled

Date: September 8th – October 20th

Times: Classes on Wednesdays 6pm-6:50pm
Location: Sealston Sports Complex
Fee: \$55

KING GEORGE COMMUNITY RESOURCES FOR YOUTH SPORTS

Other resources in the County offering organized athletic programs include King George Little League, King George Youth Athletic Association, King George Patriots Team Gymnastics and YMCA.

Other resources in the County offering organized athletic programs include King George Little League, King George Youth Athletic Association and King George Patriots Team Gymnastics.

Health and Wellness

Like most of our other programs, we take pleasure in offering programs that promote a healthier lifestyle and that are taught by certified instructors.

Weight Lifting Class: Level 1

This is a set weightlifting program so you can see results and learn proper technique. You do not need previous experience and you do not have to use weights (just follow the movements). If you are ages 15 years and under, you have a limit of 10 lbs an arm, a total of 20 lbs for a set. All younger participants must start with small 5 lbs weights and/or below...or no weights at all. Class will be canceled for all major holidays. Bring yoga/fitness mat, workout clothes, and dumbbells limit 50 lbs set (so limit 25 lbs per arm or less or none). You do not have to have dumbbells to join this class. Optional: towel, water bottle. You may swap one BodySculpting class for one Dumbbell class or one Cardio Kickboxing Martial Arts Conditioning Class for better times if needed. Discount: if you pay \$80.00 a month per participant to get all BodySculpting and Dumbbell classes, you get the choice of getting to go to the Stretch in Time Thursday morning class or any one of the Cardio Kickboxing Martial Arts Conditioning Classes for free. That is 5 classes a week for \$80.00 a month per person. No person to person substitute, it has to be the individual who signed up and paid.

Registration deadline: Participants can join at any time, full monthly payment is required.

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
XXXX.	12+	Sun	6/13 -6/27 & 7/11	5:45 – 6:45pm	\$40/month	Citizen’s Center
<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
XXXX.	12+	Th	6/17 – 7/8	12:00 – 1:00pm		Citizen’s Center

Cardio Kickboxing and Martial Arts Conditioning: Level 1

You will get the benefits of martial arts training, learn basic to intermediate techniques and commands, get in shape, feel great, improve your game, improve your body, and workout with your whole family. This can help with many athletes and non-athletes. No previous experience required. Burn off stress and have fun, fitness is for everyone. Class will be canceled on major holidays. If you are a young dragon participant, you can come to all CKMC classes if you are ages 10 and up for a full tuition fee of \$60 a month per participant. Bring workout clothes (optional: water bottle/towel).

Registration deadline: Participants can join at any time, full monthly payment is required.

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
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XXXX.	10+	Sun	6/13 - 6/27 & 7/11	7:00 – 8:00pm	\$40/month	Citizen's Center
<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
XXXX.	10+	Mon	6/14 – 7/5	7:45– 8:45pm	\$40/month	Citizen's Center
<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
XXXX.	10+	Wed	6/16 – 7/7	7:45 – 8:45pm	\$40/month	Citizen's Center

Body Sculpting: Level 1

This class consist of: easy to follow techniques, relaxation, light cardio (work to burn fat, not waste time and efforts), isometrics (weightless strength training), Pilate's, yoga, tai chi, self message techniques, dynamic stretching, and more...it's time to release your stress, feel better, and get the results that you're looking for, that you deserve. Class will be canceled for all major holidays. Bring workout clothes (optional: water bottle/towel). You may swap one BodySculpting Class for one Dumbbell or one Cardio Kickboxing Martial Arts Conditioning Class for better times if needed. Or pay full tuition of \$80.00 a month per participant and get all four classes and get the option of going to the Stretch in Time Thursday morning class or a Cardio Kickboxing Martial Arts Conditioning Class for free. That is 5 classes a week for \$80.00 a month per participant. No person to person substitute, it has to be the individual who signed up and paid.

Registration deadline: Participants can join at any time, full monthly payment is required.

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
XXXX.	12+	M/W	6/14 – 7/7	6:30pm – 7:30pm	\$40/month	Citizen's Center

Stretch in Time: Level 1

This class is geared toward young kids ages 6-12, but adults are more than welcome to join in for a low impacted workout. Kids will learn the importance of being healthy. They will also learn fun movements to encourage flexibility, strength, growth, and happiness. Let your little ones learn the importance of health. This class is 45 minutes of stretches and easy strength training that incorporate light and easy cardio, Pilates, yoga, ballet stretches, and more. Bring workout clothes (optional: water bottle/towel) and a big happy smile! Class will be canceled for all major holidays.

Registration deadline: Participants can join at any time, full monthly payment is required.

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
XXXX.	6-12+	Thu	6/10 – 7/1	8:45am – 9:30am	\$20/month	Citizen's Center

Young Dragons: Level 1

This class is geared toward young kids ages 6-10, but adults are more than welcome to join in for a low impacted workout. Kids will learn the importance of being healthy. They will also learn fun movements to encourage flexibility, strength, growth and happiness. They will get the benefits of Martial Arts training, learn basic to intermediate techniques and commands, get in shape, feel great, improve their game, improve their body, and workout their whole family. This can help with many athletes and non-athletes. No previous experience required, burn off stress, have fun, fitness for everyone. With this class we will also emphasize on stranger danger. Class will be canceled on all major holidays. If you are a young dragon participant, you can come to all CKMC classes if you are ages 10 and up for a full tuition fee of \$60.00 a month per participant.

Registration deadline: Participants can join at any time, full monthly payment is required.

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
XXXX.	5-10+	Thu	6/10 – 7/1	9:45 – 10:15am	\$20/month	Citizen's Center

Tai Chi

Tai Chi is an optimal exercise for all ages with Linda Kline as instructor. It involves movements of the entire body without the risk of injury. Done in coordination with one's concentration and breathing, these movements release tension through the body. The gently flowing progress of movements in tai chi cultivates whole body health. A study by the Arthritis Foundation supports many benefits of tai chi such as reduction of pain and inflammation, lowered blood pressure, improved immune function and improved balance and flexibility. In this weekly tai chi class will teach simple forms that are easy to learn, but challenging to master.

Tai Chi exercise class will continue to meet weekly during the summer but new students will not be accepted until fall. Because this class involves learning a sequence of moves and each builds on the previous one, new students are not accepted at this time. During the summer, class is limited to students that have already learned some or all of the Health Form. Previous students are welcome to return on a full-time or part-time basis.

*\$50 for students that know the entire Health Form. New students will be accepted in September at \$100 per student.

Code#	Age	Day	Date	Time	Cost	Location
XXXX.409	All ages	Thur	May - Aug	7:00 – 8:00p.m	\$50	Citizens Center

Jazzercise

When you love your workout, results come easy. Each 60 minute workout is a fusion of dance and muscle toning movements (pilates, yoga, kickboxing and more) to create truly effective programs for people of every age and fitness level. All elements are choreographed to today's hottest music, including Top 40, jazz, country, funk and classics. The instructor makes all routines fun and easy-to-follow. Every class includes a gentle warm-up, 30 minutes workout of strengthening and toning, and a stretch finale. Classes are taught by Roxanne Smith. Ask Roxanne about the unlimited attendance pass. Classes are taught at the Old King George Elementary School Café Tuesday & Thursdays from 6:15 – 7:15p.m. Fee is \$8.00 per walk in and unlimited pass books.

Line Dancing

Kick up your heels at Lee's and Linda's line dance class. You will have to wait for the time being. Look in the next brochure for the fall dates. Till then, keep your feet move'n. *Line dancing will resume September 13th from 7-8:30pm at the Citizen Center. Cost will be \$5.*

ISSHINRYU KARATE

Our program is designed for students who are interested in learning a form of martial arts in a non-competitive environment. The focus is on Kaita (form), Bunkai (application) and later through achieving belts, Kobundo (weapons) Kevin and Frank's goal is to teach highly effective techniques of self defense using both body empty and filled hand in an effort to promote security and well-being. Classes are divided into youth and 14 year old to adult, beginners and advanced. Registration Deadlines: June 22nd for the summer session and September 4th for the fall session. The program is for 10 weeks.

Youth Beginner

Code	Age	Day	Date	Time	Fee	Location
2008.510	6-13	Tue & Thurs	7/6 – 9/9	6-7pm	\$45	OKGMS Gym
2008.110	6-13	Tue & Thurs	9/21 – 12/2	6-7pm	\$45	OKGMS Gym

Youth Advanced

2010.510	6-13	Tue & Thurs	7/6 – 9/9.	6-8pm	\$60	OKGMS Gym
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2010.110	6-13	Tue & Thurs	9/21 – 12/2	6-8pm	\$60	OKGMS Gym
Adult Beginner						
2013.510	14-Adult	Tue & Thurs	7/6 – 9/9	6-7pm	\$45	OKGMS Gym
2013.110	14-Adult	Tue & Thurs	9/21 – 12/2	6-7pm	\$45	OKGMS Gym
Adult Advanced						
2011.510	14-Adult	Tue & Thurs	7/6 – 12/2	6-8pm	\$60	OKGMS Gym
2011.110	14-Adult	Tue & Thurs	9/21 – 12/2	6-8pm	\$60	OKGMS Gym

Additional resources for Health and Fitness programs located in King George include Curves and Eden Estates Pool (limited public availability).

Enrichment Programs

Enrichment programs provide participants an opportunity to experience an activity that they have wanted to try in a short duration, yet at an affordable price; and typically, without having to invest a lot of money in equipment.

Computer Basics (Sessions I and II)

Computer Basics covers areas of Microsoft Word, Excel, Power Point, and Access through using activities and fun projects to explain the programs functions. It is targeted for younger audiences, however, anyone who needs to learn these applications is invited to attend. Space is limited so be sure to enroll early.

Registration deadline is July 2nd. Participants: Minimum 10, Maximum 20.

Code#	Age	Day	Date	Time	Cost	Location
XXXX.	12-16	M-F	7/12 – 7/16	1 – 3 p.m.	\$35	KGHS
XXXX.	12-16	M-F	7/19 – 7/23	1 – 3 p.m.	\$35	KGHS

Snap, Crackle, Pop (Sessions I and II)

Video camp is designed to teach the use of a camera in video and how to edit, use lighting, sound, and various techniques in shooting basic videos. This camp is designed for those participants that have no knowledge of how to make videos and wish to learn. Participants will be able to take home their own DVD of their video at the end of the week.

Registration deadline is July 2nd. Participants: Minimum 10, Maximum 20.

Code#	Age	Day	Date	Time	Cost	Location
XXXX.	12-15	M-F	7/12 – 7/16	9 – 11 a.m.	\$35	King George High School
XXXX.	12-15	M-F	7/19 – 7/23	9 – 11 a.m.	\$35	King George High School

Cropping at the Citizen Center

Monthly workshops/crops are open to everyone. We invite you to pack up your family photographs, albums, laptops and scrapbooking supplies and join us. We give you the time needed to complete your album or card making projects. **Refreshments are always provided.** We will be cropping each month from 5:00 – 11:00 p.m. **Crop fee is \$10.00** to be paid on nights attending. Beginners are always welcome!!! Beginners get one-on-one attention with one of our consultants. New product/ideas are introduced each month at 7:00 and our **Digital Segment begins at 7:30 p.m.** We can teach classes in Photo

Organization, Traditional Scrapbooking, Non-Scrapbooking Techniques, and Digital Photo Albums/Storybooks. Creative Memories Consultants are available on site to help you every step of the way. Beginner classes are available each month and start at 7:00 p.m. Contact Diane Eskey at 775-5091 for more information.

Code#	Age	Day	Date	Time	Cost	Location
XXXX.309	12 – adult	Fri	6/11/10	5p.m – 11p.m	\$ 10	Citizens Ctr.
XXXX.409	12 – adult	Fri	7/9/10	5p.m – 11p.m	\$ 10	Citizens Ctr.
XXXX.409	12 – adult	Fri	8/13/10	5p.m – 11p.m	\$ 10	Citizens Ctr.
XXXX.409	12 – adult	Fri	9/10/10	5p.m – 11p.m	\$ 10	Citizens Ctr.
XXXX.409	12 – adult	Fri	10/15/10	5p.m – 11p.m	\$ 10	Citizens Ctr.
XXXX.109	12 – adult	Fri	11/12/10	5p.m – 11p.m	\$ 10	Citizens Ctr.
XXXX.109	12 – adult	Fri	12/10/10	5p.m – 11p.m	\$ 10	Citizens Ctr.

King George Bees – Quilting

Share in the joy of quilt making with the King George Bees and meet others in the community with the same interest. Choose your own colors and work at your own speed. These blocks may be used to make a sampler quilt. Our focus is making quilts from donated material and giving the quilts to charity. The regular K.G. Bees Quilting group will be meeting every Wednesday this summer. It is time to catch up and complete projects started this year. Take some hand quilting with you on vacation or come join the group from 1:30 - 3:30pm on Wednesdays.

Flea / Craft Market @ the Citizens Center

Last great opportunity to clean out your attic, basement or garage and make your goods someone else's treasures! Event is open to the public at 8:00a.m and closes at 1:00p.m. Cost is \$10 per table, 3 tables for \$25 or 4 tables for \$35. Interested in being a vendor, call for set-up information. Dates for 2010 are: June 5th, July 3rd, August 7th, September 4th and October 2nd.

Senior Citizens

King George AARP – Luncheon and Meeting

On the first Mondays of each month, seniors from the area gather to find out issues that are important to them. Members bring a dish to share and enjoy the fellowship, meals and learn what is happening in AARP, local issues effecting seniors and often hear guest speakers. For more information please call Darlene Wernsman at 775-2364.

Rappahannock Area Agency on Aging provides a Tuesday – Thursday on-site program at the Citizens Center from 9:00a.m – 1:00p.m. This program offers transportation to and from the Citizens Center, breakfast and lunch, activities and trips. For more information please call Linda at 775-2628 Tuesday – Thursday between 9:00a.m and 1:00p.m.

Senior Navigator

King George County, in partnership with Senior Navigator, is pleased to provide our mature adult population information services that may assist them, or their caregivers, with information. Currently, the Smoot Library serves as the County's Senior Navigator Center. Please feel free to stop by and gain access to a wealth of resources.

Currently, the County Parks and Recreation staff is looking for ideas from our mature adult community to let us know of activities they would like to see offered.

Special Events

If you are looking for a good time, consider participating in a special event. Most of our special events are geared for the family to have a great time. They are a perfect way to spend time together.

Summer Festival

KING GEORGE SUMMERFEST AND FAIR 2010
SUMMER FAIR @ BARNESFIELD PARK
SPONSORED BY KG COMMUNITY PARTNERS
SATURDAY, JUNE 19TH

ACTIVITIES 2:00 PM – 11:00 PM
ENJOY A DAY AT THE PARK!

SCHEDULE OF EVENTS

2:00 pm - Live Remote – 95.9/WGRQ

3:00 – 5:00 pm – Summit Crossing
Sponsored by Exit Reality Expertise

5:00 – 8:00 – The Rhondels
Sponsored by NSWC FU

3:00 – 7:00 - Games – “KG Minute To Win It Challenge”, Activities, Entertainment, Puppet Show, Hot Rods and more

5:00 6:30 - Home Run Derby

6:30 – 8:00 - Petting Zoo

7:00 – 8:00 - Softball Challenge – First Responders

8:00 – 9:00 – Local Band

9:00 – 11:00 – Movie on the Lawn – “The Blind Side” PG

FOR ADDITIONAL INFORMATION CONTACT

KING GEORGE PARKS AND RECREATION 540-775-4386

Mammography

Mammography plays a central part in early detection of breast cancers because it can show changes in the breast up to two years before you or your doctor can feel them. Mary Washington Healthcare feels this is so important that we are bringing mammography to you. Our mobile Mammo-van offers **digital mammography**. The price is \$348 for exam and interpretation fee. We will bill insurance for you. We will be at King George Park & Recreation on:

Thursday June 3rd

Friday July 2nd

Friday August 6th

And also in Dahlgren at Potomac Elementary on:

Thursday June 24th

Thursday July 29th

Thursday August 26th

Please call 540-741-2000 or 800-283-EXAM for appointment.

JobZone Job Fair

JobZone's events range from generic to security-focused or military-friendly only. Most events are open to all job seekers with appropriate industries to match all levels of skills (management, field technicians, engineering, IT, HR, warehouse, scientists, graphics, administrative, instructors, training, aviation-related, security/law enforcement, anti-terrorism, electronics, networking, sales, marketing... and much more). The number of participating vendors range from 20 to 65 companies per event. Job Candidates range from 250 - 1000+, depending on location, focus, and sponsorship. JobZone's events bring a large number of federal contractors seeking military-specific or DoD skills along with clearances (SECRET, TOP SECRET, SCCI, POLY).

<u>Code#</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
XXXX.209	Fri	6/25	10am – 2pm	Citizen Center
XXXX.209	Fri	9/24	10am – 2pm	Citizen Center

Hunter Safety Education

This program meets the mandatory 10 hours Hunter Education requirements for the State of Virginia.

Taught by instructors certified by the Virginia Department of Game and Inland Fisheries this program is designed to familiarize the student with all aspects of firearm handling and safety and other related topics. 1-day session; Must be taken by first time hunting license applicants in order to get license. Contact Linda @ 540-775-9780. **Must call to pre-register.**

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
XXXX.209	8 +	Sat	8/21	7am. – 6:00pm	FREE	Citizens Center
XXXX.209	8 +	Sat	10/23	7am. – 6:00pm	FREE	Citizens Center

AMERICAN RED CROSS

Babysitting Class

What you need to know and what every parent wants in a safe and responsible babysitter! Designed for 11 to 15 year olds, the Babysitter's Training course can help you- Care for children and infants, Be a good leader and role model, Make good decisions and solve problems, Keep the children you baby-sit and yourself safe, Handle emergencies such as injuries, illnesses and household accidents, Write resumes and interview for jobs, and much more! Complete the course in just one day and begin babysitting the next.

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
XXXX.209	11 - 15	Tues	7/6	1:00pm – 5:00 pm	\$60	Citizen Center
XXXX.209	11 - 15	Thur	7/8	1:00pm – 4:00 pm	\$60	Citizen Center

Pet Care Class

The American Red Cross can help you build your first aid skills. Learn what to do in emergency situations until veterinary care is available. *Dog First Aid* and *Cat First Aid* are handy reference guides for cat and dog emergencies. Select chapters also offer dog, cat or pet first aid courses.

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
XXXX.209	9 +	Tues	7/13	1:00pm – 5pm	\$50	Citizen Center

Blood Drive

Every minute of every day, someone needs blood. That blood can only come from a volunteer donor, a person like you who makes the choice to donate. There is no substitute for your donation. When you make a blood donation, you join a very select group. Currently only 3 out of every 100 people in America donate blood. From its beginning, the American Red Cross has formed a community of service, of generous, strong and decent people bound by beliefs beyond themselves. The American Red Cross blood donor embodies this principle. Please join us in our mission to maintain a safe and stable blood supply by donating blood.

<u>Code#</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
XXXX.209	Fri	8/6	10:00am – 3pm	Citizen Center

Movies on the Lawn: Friday Night Flicks Schedule

Location: (At King George Middle School Track Field)

Rain Location: King George Middle School Auditorium

Time: Dusk (8:00pm)

Kick things off at the Summer Fest 2010, Saturday, June 19th at Barnsfield Park – 3pm until...-FOOD, FUN, BANDS, and stay for our feature movie, “The Blind Side” (PG-13) beginning at dusk!

Sponsored by King George Community Partners and NSWC Federal Credit Union

July 25 – Goonies (PG)

July 9 – Imagine That (PG)

July 23 – Hachi: A Dog’s Tale (G)

August 6 – How to Train Your Dragon (PG)

August 20 – Cloudy With a Chance of Meatballs (PG) Disney

October 29 – Alice In Wonderland (PG) Disney

(Location: Caledon)



KING GEORGE PARKS AND RECREATION 2010 TOURS 4 FUN WEEKLY TRIPS

King George Parks & Recreation is planning day trips to provide the community with a day filled with entertainment, education and leisure. Cost for transportation only! Fees must be paid week prior to trip. Please call Parks & Recreation for details and additional pricing. Limited Seating!

We need at least a minimum of 8 people for the trip to go. Call your friends!

Janine Paulsen 540-775-4FUN

JUNE

6/8/10-TUES

Washington, D.C. Memorials & National Mall -cost \$20.00pp/Trans. only

Leave K.G. Citizens Center @8:00am

Leave D.C. @4:00pm

Points of interest:

- **World War II memorial, Vietnam memorial, Lincoln memorial,**
- **Korean memorial, Thomas Jefferson Memorial, and more**

6/12/10-SAT

Charlestown Slots - cost is \$25.00pp/ Trans. Only

Leave K.G. Citizens Center @2:00pm

Leave Charlestown @9:00pm.

Points of interest:

- **Slots**
- **Horse racing**
- **Enjoy the wonderful food at the restaurants**

6/22/10-TUES

BALTIMORE INNER HARBOR, MARYLAND – cost \$25.00pp/Trans. Only

Leave K.G. Citizens Center @8:00am

Leave Inner Harbor @3:00pm

Points of interest:

- **Light Street & Pratt Street Pavilions which offers shopping, dining**
- **Maryland Science Center – Tickets: Adults - \$14.95-\$18.95, Seniors (60+) - \$13.95 - \$17.95, Children (13-12) - \$11.95-15.95 (tickets purchased at site)**
- **National Aquarium – Tickets: Adults (12-15) - \$24.95, Seniors (60+) - \$23.95, Children (3-11) - \$19.95 (tickets purchased at site)**
- **Fort McHenry – Tickets: Adults (16+) - \$7.00, Children (under 15) – free (tickets purchased at site)**

JULY

7/6/10-TUES

WILLIAMSBURG – cost \$20.00pp/ Trans. Only

Leave K.G. Citizens Center @ 8:00am

Leave Williamsburg @ 3:00pm.

- **Enjoy a beautiful day of shopping. There are more than 200 retail and designer outlets.**
- **The Antique Mall has more than 400 dealers**

7/10/10-SAT

National Zoo-cost \$20.0pp/Trans. Only

Drop off and pick up

Leave K.G. Citizens Center @8:00am

Leave D.C.@4:00pm

Points of interest:

- **Enjoy your day on your own**
- **Garden Day – Explore the uniqueness of Zoo horticulture and how plants and animals coexist! Learn what you can do in your own backyard, and enjoy gardening displays and activities for kids. Free and open to the public.**

7/13/10-TUES

Green Valley Book fair-cost \$20.00pp/ Trans. only

Depart Citizens Center @8:30am

Depart Book Fair @3:00pm

Points of interest:

- **Enjoy the scenic ride into the heart of Shenandoah Valley**
- **Over 500,000 new books at bargain prices**

7/20/10-TUES

Ladew Gardens-cost \$25.00pp/Trans. Only

Depart Citizens Center@ 7:30am

Depart Ladew Gardens @2:30pm

Points of interest:

- **The manor house is open for guided tours. Collection of antique English furniture**
- **Graces the rooms of this equestrian- inspired country house accented with paintings and a fox hunting memorabilia.**
- **The Nature walk is 1.5 mile trail through the woods and fields of the property. Self guided tour, aided by a printed map.**

AUGUST

8/10/10-TUES

Gettysburg National Park and Museum-cost \$25.00pp/Trans. Only

Depart Citizens Center@7:30am

Depart Gettysburg @3:00pm

Points of interest:

- **Gettysburg Museum and Visitor Center!**
- **The Historic David Wills House.**
- **ADMISSION (includes museum exhibits, film and cyclorama):**
\$10.50 per Adult
\$9.50 per Seniors and Active Military (with proper ID)
\$6.50 per Youth (ages 6-18)
Children under 6 years old admitted free.

8/17/10-TUES

St. Mary's City- cost \$20.00pp/ Trans. only

Departs Citizens Center @8:30am

Depart St. Mary's City@3:00pm

Points of interest:

- **Piney Point Light House and Museum**
- **Home of the U-1105 BLK Panther Ship wreck**
- **17th century plantation**
- **Eat a nice lunch before leaving St. Mary's City**

8/24/10-TUES

Washington D.C. Mall- cost \$20.00pp/ Trans. Only

Drop off and pick up

Leave K.G. Citizens Center @8:00am

Leave D.C.@4:00pm

Point of interest:

- **Enjoy your day on your own**
- **Visiting museums, memorials, shops, and restaurants**

SEPTEMBER

9/4/10-SAT

Charlestown Slots - cost is \$25.00pp/ Trans. Only

Leave K.G. Citizens Center @2:00pm

Leave Charlestown @9:00pm

Points of interest:

- **Slots**
- **Horse racing**
- **Enjoy the wonderful food at the restaurants**

9/14/10-TUES

Virginia Museum of fine arts-cost is \$15.00pp/Trans. only

Leave K.G. Citizens Center@9:00am

Leave Museum @3:00pm

Points of interest:

- The expanded museum includes double the space for major traveling exhibitions and increases total space for VMFA's permanent collections and exhibitions to 134,000 square feet.

9/28/10-TUES

JAMES MADISON MUSEUM, VIRGINIA – COST \$20.00pp/Trans. only

Leave K.G. Citizens Center @8:00am

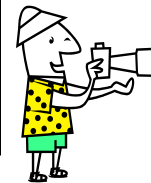
Leave Museum @3:00pm

Points of interest:

- Museum commemorated the 4th President of the U.S. and father of the Constitution
- Exhibits deal with the life and times of Madison and include furnishings from Montpelier, correspondence, fashions, and books from the Madison library.
- An unusual Hall of Agriculture with a 1753 “cube” house, farm devices, machinery and tools.
- and much more

TRAVEL

- MEET NEW PEOPLE Make new friendships
- SEE EXCITING NEW PLACES Family trips – We do
- Enjoy great entertainment all the planning
- Get the old gang back Together



2010 OVERNIGHT TRIPS

**KING GEORGE PARKS AND RECREATION
TOURS4FUN**

Trip Insurance Available on all Trips with Travel Confident – Ask for Details.

- **BOSTON, JULY 16-19, 2010**
- **Cost \$359.00**
- **Enjoy a guided tour of the historical City of Boston**
- **A visit to the John F. Kennedy Presidential Library and Museum.**
- **A guided tour of Lexington and Concord, also Salem, and much more.**

- **THE HAMPTONS, NEW YORK, SEPTEMBER 12-14, 2010**
- **Cost \$430.00**
- **Admission to Old Westbury and Phipps Estate**

- **Tour of Sag Harbor, Visit to Shelter Island, Palmer Vineyards Tour,**
- **And Wine Tasting, Stony Brook Village, Whaling Museum, and much more.**

- **ATLANTIC CITY, NOVEMBER 15-18, 2010**

- **Cost \$259.00**
- **You won't want to miss this trip – we know it's wonderful!**
- **\$30.00 Casino Bonus**
- **Spectacular gaming and sight-seeing in Atlantic City**
- **Day trip and guided tour of historic Philadelphia, PA**
- **And much more.**

- **NEW YORK CITY, DECEMBER 3-6, 2010**

- **Cost \$425.00**
- **Two guided Tours of New York City. Central park, Rockefeller Center, Times Square,**
- **Wall Street, and much more.**
- **Free time in Manhattan to explore “The Big Apple”**

ALL TRIPS ARE BASED ON DOUBLE OCCUPANCY – CALL FOR SINGLE OCCUPANCY FOR SINGLE INDIVIDUALS.

Therapeutic Programs

Staff is exploring programs to serve citizens with special needs. In exploring this area, we would be interested in hearing your ideas on programs that would better serve citizens with disabilities.

Call the Department for additional resources related to Therapeutic activities.

Jakes Day at Caledon State Park

Our first Jakes Day will be held on Saturday, September 18th from 10:00am – 2:00pm. Activities, games, demonstrations and nature interpretation will keep the children and parents, in touch with the great outdoors and all it has to offer.

Staff is currently looking at a variety of outdoor programs to better serve outdoor enthusiast. We would be interested in hearing from you the types of outdoor programming you would be interested in seeing our department offer.

Additional outdoor education resources you may explore are Caledon State Park and Dahlgren Historical Railroad Trail.

Around the Bend

To assist in planning ahead, we are offering this section to let you know approximate dates of upcoming events and activities. You are encouraged to call our Department as time gets closer to get more specific information.

Registering for Programs

Registering for a program is fairly easy. Unless otherwise noted, you may register for a program four ways: in person at the Citizens Center; sending registration form and payment by mail; by fax either using the form included in the program guide or one off the website; or online registration.

- In person, come to the Citizens Center located at 8076 Kings Highway, fill out the registration form and make your payment by cash (**exact payment please**), money order or by check. Our business hours are Monday – Friday 8:00a.m – 5:00p.m. We have extended program registration hours Monday – Thursday 5:00p.m – 7:00p.m (payment by check or money order only).
- By mailing your completed registration form and payment to King George County Parks and Recreation, P.O. Box 71, King George, Virginia 22485. When sending by mail we encourage you to make a phone call two or three days after sending to make sure the Department received it.
- Via fax if you are at a program deadline and followed up with a payment either by sending in the mail or coming in person to the office.
- Online registration is available for those interested in making a payment by credit card. Currently, this is the only method participants may use with a credit card. Please note that there is a service charge when registering online. Our on-line registration site is www.active.com/browse/kinggeorgecounty

Once you have registered you will be given a receipt acknowledging your payment (exceptions include special events or walk-in programs where the instructor will collect the money for the class and forward it to our office). Please retain the receipt for your records.

Generally, we do not contact you about a program unless there is a change or cancellation. **Please mark the starting date on your calendar.** As a follow-up, you may want to call about a program you registered for just prior to the scheduled beginning date.

For team athletic programs, participant's parents should call the Recreation office if you have not heard from a coach or a Recreation office staff member within a reasonable amount of time. We are attempting to get all coaches to notify their players by a specified date. This date is announced or included in our promotional flyers. If you are unsure of the date, please do not hesitate to contact our office or check on the website.

Registration Form – see attachment