



CITY OF FREDERICKSBURG PARKS & RECREATION



Get moving with us today!

ACTIVITY CATALOG

JANUARY - MAY 2017

ARE YOU READY? GET MOVING WITH US TODAY!

WELCOME!



FROM THE DIRECTOR

“Make this the year you find a new hobby, workout routine, park to explore or special event to enjoy.”



Jane Shelhorse, Director

When we say “Get Moving With Us!” we don’t just mean exercise. Of course, we want to encourage everyone to put down the electronics and move more. But as your Parks and Recreation Department we are your resource to help move toward your goals in 2017!

Are you wanting to be more physically active? We have ways to help you do that! Take one of our exercise classes, rent a boat at Motts, or get out on our trails. Enjoy our parks on your own or in one of our sports or nature programs.

Is there a class you’ve thought about taking or a new sport like Pickleball you’d like to try? We have exciting special interest classes like essential oils or learning Italian. Travel with us or join an event to get out and about with family and friends. Whether you are looking to get moving with a new physical or mental activity, we’re here to help you move into it!

DEPARTMENT MISSION

The mission of the Fredericksburg Parks and Recreation Department is to enhance the lives of our citizens by providing a diverse package of recreation and park opportunities.

Departmental Functions

The Fredericksburg Parks and Recreation Department is a municipal recreation department that provides comprehensive year round programming for sports, fitness, special interest, events and nature programs for all ages. The department operates and maintains 21 outdoor spaces that offer and encourage activities on our walking trails, playgrounds, swimming pool and the Rappahannock River. We strive to meet the needs of the population by providing affordable programs for City residents and non-residents alike.

RECREATION COMMISSION MEMBERS:

Mrs. Sharon Null, Chairman

Mr. James Bailey

Mr. Kenneth Kroko

Dr. Marcus Tepaske

Mr. David Dorsey

Mr. Brandon McVade

Mrs. Susan Tyler

Dr. Timothy Duffy

Dr. John B. Gordon, III

PARKS & RECREATION ADMINISTRATIVE:

Jane Shelhorse, *Director*

Wendy Stone, *Division Mgr Finance & Leisure Services*

Michael Ward, *Division Mgr Parks & Athletics*

Joanne Jones, *Superintendent Leisure Services*

Jillian Franklin, *Superintendent Sports & Fitness*

Vacant, *Supervisor of Sports & Fitness*

Linda Bailey, *Nature Education Coordinator*

Aaron Simmons, *Supervisor of Parks & Maintenance*

Sonja Wise, *Special Events & Marketing Coordinator*

Anne Hamm, *Evening & Weekend Supervisor*

Patty Sparks, *Account Clerk*

Mimi Dempsey, *Nature Educator*

Lindsey Smith, *Front Desk Receptionist*

Janice Lasker, *Front Desk Receptionist*

Carly Hedge, *Office Assistant*

CONTACT US

FRED ALERT

The City of Fredericksburg uses Fredericksburg Alert to immediately contact you during a major crisis or emergency. Fredericksburg Alert delivers important emergency alerts, notifications and updates to you on all your devices:

- Email account (work, home, other)
- Cell phone (via SMS)
- Office phone
- Pager

Parks & Recreation uses Fredericksburg Alert to send you real-time updates regarding cancellations, emergencies, closings and other important information. When a cancellation happens, you'll be notified instantly through Fredericksburg Alert.

You have the ability to manage which alerts you would like to receive and can update these preferences at any time.

In case of weather related emergencies, Fredericksburg Parks and Recreation programs, classes, events and rentals will be cancelled based upon the closing decision of the City of Fredericksburg Public Schools.

Sign up now @

www.FredericksburgAlert.com

NEWS FLASH

You can also sign up for News Flash! Another service of the City of Fredericksburg that gives you the latest updates on sports registration dates and deadlines, program happenings, special events and more.

Visit our website at

 www.FredParksRec.com 

and click on the link for alerts and notifications to sign up.

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Dorothy Hart Community Center
408 Canal Street
Fredericksburg, VA 22401

General Phone: 540-372-1086
Fax: 540-372-3475

Section Phone Extensions

- Children's Activities x217
- Nature Programs x213
- Fitness & Dance x227
- Sports x214
- Tennis, Fitness & Dance x208
- Adult Classes x217
- Events x215
- Trips x217

Office Registration Hours

Monday - Thursday: 9 a.m. - 8 p.m.

Friday: 9 a.m. - 4 p.m.

Saturday - Sunday: Closed

Email Contact

fredprpf@fredericksburgva.gov

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CHILDREN'S SPECIAL INTEREST



TINY TOTS VALENTINE CRAFTS & PARTY

3yrs – 5yrs.

Catch a morning story, refreshments and activity hour for the little ones. Come join the fun! Parents are free with paying child. Preregistration recommended. Instructor: P&R Staff.

Location: Dorothy Hart Community Center.

Wednesday, 9:30am – 10:15am

February 15

\$6/\$6 (residents/non-residents) ** Parents FREE

KIDS VALENTINE CRAFT & PARTY

6yrs – 10yrs.

Fun filled games, music, crafts and refreshments. Just for our older kids. Parents are free with paying child. Pre-registration recommended. Instructor: P&R Staff. Location: Dorothy Hart Community Center.

Wednesday, 5:30pm – 6:30pm

February 15

\$6/\$6 (residents/non-residents) **Parents FREE

GET YOUR GREEN ON

3yrs – 5yrs

Get Your Green on for St. Paddy's Day. Celebrate the Irish with games, activities and a leprechaun craft. Pre-registration recommended. Instructor: P&R Staff. Location: Dorothy Hart Community Center.

Friday, 10:00am – 10:45am

March 17

\$6/\$6 (residents/non-residents) **Parents FREE

2ND ANNUAL DADDY/DAUGHTER DANCE

(Ages 4 – 12)

Attention Dads! Join us for our 2nd Annual Valentine's Dance for fathers, stepdads, grandpas, and uncles (sorry, no moms!) to treat their little sweethearts to an evening of dress-up, fun, and dancing. Girls must be between the ages of 5 and 12.

Refreshments will be served. A magical evening for dads and daughters alike. Early registration deadline is February 1st.

All registrations received after February 1 will be \$15 per couple and \$8 for each additional daughter with same father.

Location: Dorothy Hart Community Center.

Friday, 6:30 – 8:30 pm

February 3

**\$12/\$12 Daddy/ Daughter couple (\$6 each additional)
(residents/non-residents)**

SNOWBALL PARTY

(Ages 3-5)

Whether it's cold outside or not, we'll have "snow" for our snowball party! Designed for children 3-5 years old, our party will include "snow" games, a snowman craft and a story. Parents are free with paying child. A great way to get your child out and moving on a winter's day. Location: Dorothy Hart Community Center.

Saturday, January 21

11:00 am – 12:00pm

\$6/\$6 (residents/non-residents)

EASTER BUNNY BREAKFAST

2yrs – 8yrs

Hop on over to enjoy a rabbit story and create a bunny craft while having breakfast with the Easter Bunny. Parents free with paying child. Instructor: Easter Bunny and friends. Pre-registration recommended. Location: Dorothy Hart Community Center.

Saturday, 9:30am – 11:00am

April 8

\$7/\$7 (residents/non-residents)

**** One FREE parent with each paying child.**

\$2.00 per additional adults



CHILDREN'S SPECIAL INTEREST

LITTLE ONES

PAINTING CLASS & MORE!

18 months – 4yrs.

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 where adults get to play too. Instructor: Virginia Westcott. Pre-registration required. Location: Dorothy Hart Community Center.

Wednesdays, 9:15am – 10:00am

January 11 – January 25

February 1 – February 15

March 1 – March 15

March 29 – April 12

\$24/\$30 (residents/non-residents)

MOMMY AND ME MUSIC PLAY

18 months – 4yrs

This is an interactive class for babies or young children and their caregivers/parents. Class time will include singing, dancing, finger play, and all kinds of instruments and noise! Instructor: Virginia Westcott. Location: Dorothy Hart Community Center.

Thursdays, 9:15am – 10:00am

January 12 – January 19

February 2 – February 9

March 2 – March 9

\$18/\$20 (residents/Non-residents)

STORYBOOK THEATRE FOR PRESCHOOLERS

2yrs – 4yrs.

Just for the little ones! The group will produce a musical and/or play for families and children ages 2yrs. – 5yrs. Little Red Riding Hood, Cinderella, Snow White and the seven Dwarfs and more. All of the favorite books acted out in real life. Instructor: Virginia Westcott.

Location: Dorothy Hart Community Center.

Thursdays, 10:30am – 11:30am

January 12 – January 19

February 2 – February 9

March 2 – March 9

\$24/\$28 (residents/non-residents)

YOUTH TUMBLING

5yrs-8yrs and 9yrs-13yrs

Basic to intermediate level skills will be taught in a fun, non-competitive environment with individualized instruction catered to your child's abilities. Instructor Renee Embrey has over 30 years of experience with recreational gymnastics. Pre-registration requested. Location: Dorothy Hart Community Ctr.

Wednesdays, 5:00-6:00 (5yrs - 8yrs)

Wednesdays, 6:00-7:00 (9yrs-13yrs)

January 4-February 1

March 1-29

April 26-May 24

\$35/\$40 (residents/non-residents)

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CHILDREN'S SPECIAL INTEREST

PRE- BALLET LITTLE PRINCESS/PRINCE

4ys – 6yrs

A sweet class for budding ballerinas. Ballet barre centre across the floor and dancing to Belle Areal Cinderella and much more! The kids will love the popular princess music they dance to. A great class for winter fun. We will have an in house performance for parents and friends on the last class. Instructor: Virginia Westcott. Pre-registration required Location: Dorothy Hart Community Center.

Thursdays, 4:30pm – 5:30pm

February 23 - March 16

April 20 – May 11

\$36/\$40 (residents/non-residents)

YOUTH BALLET

7yrs – 11yrs

Learn the basics of technique and terminology geared to our young ballet students. Includes learning body alignment, posture, and flexibility. No prior training needed: barre, center, across the floor variations, choreography. One piece of Choreography will be taught followed by in class performance at the end of the program. Instructor: Virginia Westcott. Pre-registration required Location: Dorothy Hart Community Center.

Wednesdays, 4:30pm – 5:30pm

January 11 – February 1

February 1 – February 15

March 1 – March 15

March 29 – April 12

\$36/\$40 (residents/non-residents)

CONTEMPORARY MODERN DANCE

12yrs – 18yrs

A relaxing warm up and fun dance class for pre teens to young adults.. Set to modern contemporary music and some classical with modern Floor bar center and choreography to be worked on in each class. A lyrical moving uplifting class that brings out artistry and strengthens ability quickly. Instructor: Virginia Westcott. Pre-registration required. Location: Dorothy Hart Community Center.

Wednesdays, 5:30 – 6:30pm

January 11 – February 1

February 1 – February 15

March 1 – March 15

March 29 – April 12

\$36/\$40 (residents/non-residents)



CREATIVE DRAMA

SPRING CAMP

5yrs - 8yrs (K-2 Grades)

Young actors will be introduced to the imaginative world of visual and performing arts. We will explore well-known stories and songs using creative movement, puppetry, pantomime, and dance. The week will conclude in a showcase featuring creative movement and scripted scenes. Pre-registration required. Instructor: Stage Door. Location: Dorothy Hart Community Center.

Monday – Friday, 9:30am – 12:30pm

April 17 - April 21

\$100/\$100 (residents/non-residents)

ACTING PRODUCTION

SPRING CAMP

8 yrs – 10yrs (3-5 Grades)

This acting production camp will include instruction in movement, voice, character development, and dialogue delivery as the students prepare a play. Emphasis will be placed on the rehearsal process and developing the students as capable and creative performers. Pre-registration required. Instructor: Stage Door. Location: Dorothy Hart Community Center.

Monday – Friday, 9:30am – 12:30pm

April 17 - April 21

\$100/\$100 (residents/non-residents)

HORSEBACK RIDING CLASSES

6yrs – Adult

Did You Know? It's more than just riding a horse!

For the JV or Varsity level junior high or high school rider, we participate in the Interscholastic Equestrian Association for hunter seat competition. Each year we accept new applicants to join our show team. For the novice competitor, we have in house school shows with a class designed for every style rider. We also have clinics for riders to participate to encourage continued achievement of skills. Hunt Seat, Eventing and Dressage are all disciplines covered at White Buffalo Farm. Our beginner classes teach all the grooming skills, tacking techniques and general knowledge needed to become a safe, educated rider. Our riding program progresses through into intermediate and advanced levels. All classes are 4 weeks and a shoe or boot with a heel are needed. Instructor: White Buffalo Farm. Pre-registration required. Location: White Buffalo Farms.

Saturdays, 10:00am-11:00am – Beginner to Intermediate

Saturdays, 11:00am – 12:00pm - Beginners

January 7 – January 28

February 4 – February 25

March 4 – March 25

April 1 – April 22

May 6 – May 27

Sundays, 10:00am - 11:00am – All Levels

January 8 – January 29

February 5 – February 26

March 5 – March 26

April 2 – April 23

May 7 – May 28

Wednesdays, 4:30pm – 5:30pm – All Levels

January 4 – January 25

February 1 – February 22

March 1 – March 22

April 5 – April 26

May 3 May 24



CHILDREN'S DRAWING/PAINTING

5yrs -10yrs and 11yrs -18yrs

If you love art then this is the class for you! With the techniques you'll learn in this class, you'll be amazed at the beautiful works of art you can do. Students learn basic drawing skills such as composition, proportion, placement and shading and are introduced to dry media including, graphite, chalky pastels, oil pastels and charcoal. Students will learn how to plan a painting, techniques, color basics and mixing of colors, and light and shadow using water colors and/or acrylics. Instructor: Creative Side. Pre-registration required. Location: Dorothy Hart Community Center. Supplies Needed: 11x15 watercolor pad (140lb); 11x14 drawing pad (70 lb), graphite pencils (HB, 2B, 4B, 6B), eraser, pencil sharpener, pencil box.

Wednesdays, 6:30pm - 7:15pm (5yrs – 10yrs)

January 4-January 25

February 1- February 22

March 1-March 22

March 29- April 19

Thursdays, 6:30pm – 7:15pm (11yrs – 18yrs) and advanced 8yrs -10yrs

January 5-January 26

February 2-February 23

March 2-March 23

March 30-April 20

\$65/\$70 (residents/non-residents)

SPANISH FOR KIDS

5yrs – 12yrs

Quickly learn basic Spanish vocabulary with exciting and colorful. Including greetings, games, count to 20, and basic shapes and colors. Instructor: Milagros Benezario Fuentes. Pre-registration required. Must be registered one week in advance of the class. Location: Dorothy Hart Community Center.

Wednesdays 5:00 pm – 5:45 pm

January 4 – January 25

\$30/\$35 (residents/non-residents)

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CHILDREN'S SPECIAL INTEREST



WEIRD SCIENCE

5yrs -11yrs

Weird and unusual science projects and fun experiments! Sign up for each month or only one...each month a new experiment! Pre-registration recommended. Instructor: Matt Sparks Location: Dorothy Hart Community Center.

Mondays, 5:00pm – 6:00pm

January 16

February 20

March 20

April 24

May 15

\$8/\$8 (residents/non-residents)

MOMMY AND ME MONOGRAM PALLET SIGN WORKSHOP

Make a mini-monogram for your mini! Adults and children alike will enjoy this workshop filled with creativity and fun. Join us at Where Pigs Fly studio where each pair will create a 11"x14" monogrammed pallet sign designed just for them. This is a hands on class, so be prepared to paint. Participants bring their own refreshments and snacks. Design choice made at the time of registration. Deadline to register is January 13th. Location: Where Pigs Fly Studio

Saturday, January 21 10:00 am - 11:00am

\$25/\$25 (residents/non-residents)

Calling All Young Artists for
Children's Art Show & Expo

See details on page 29.



COMICS FOR KIDS

8yrs-11yrs

Over four weeks students will receive an introduction to the comic medium and begin work on their own comic. Instruction will include lessons on scripting, character building, and pacing. Instructor: Simon Watts. Pre-registration required.

Location: Dorothy Hart Community Center.

Tuesdays, 4:30pm-5:30pm

January 10 – January 31

February 7 – February 28

March 7 – March 28

April 4 – April 25

May 2 – May 23

\$50/\$50 (residents/non-residents)

COMICS FOR TEENS

12yrs-18yrs

Over four weeks students will receive an introduction to the comic medium and begin work on their own comic. Instruction will include lessons on scripting, character building, and pacing. Instructor: Simon Watts. Pre-registration required.

Location: Dorothy Hart Community Center.

Tuesdays, 5:30pm-6:30pm

January 10 – January 31

February 7 – February 28

March 7 – March 28

April 4 – April 25

May 2 – May 23

\$50/\$50 (residents/non-residents)

STUDY SKILLS STRATEGY COURSE

11yrs - Adult

Study Skills Strategies is designed to help students with a desire to improve their learning skills. It is designed to help middle school through adult students learn how to learn more efficiently and effectively. New students, established students, and high performing students can all benefit from this course. Not just for children, the course is also perfect for adults who are going back to school. Instructor: Claude Salcedo, MEd, is a retired Air Force officer, current government worker, and co-owner of Learn2Learn LLC. Phone: (703) 407-8467 Web: <http://cesalcedo.wix.com/learn2learn>, Email: cesalcedo@verizon.net. Pre-registration required. Location: Dorothy Hart Community Center.

Mondays, 6:30pm – 7:30pm

January 9 -30 (No class 23)

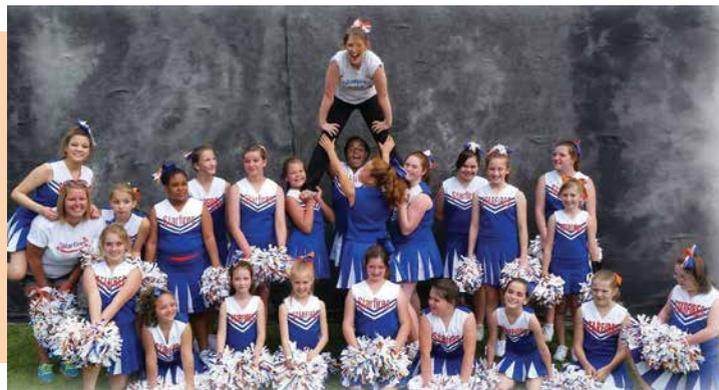
February 6-27 (No class February 20)

\$65/\$70 (residents/non-residents)

**** Study Skills classes are for both children and adults!**

STARFIRES

Starfires is a continuing and progressive program that your children will love! Join the award-winning, team-spirited Starfires and bring a friend with you! Starfires who wish to perform or compete in events will have additional monetary requirements in addition to the class fees. To register for any Starfires Class...go to the Dorothy Hart Community Center and register at the front desk. Be sure to have a copy of your birth certificate with you when you register. Try the first week's classes for FREE! – No experience necessary!



STARFIRES PREP

5yrs – 18yrs (Kindergarten* through 12th graders)

**Kindergartners: readiness level will be evaluated at the first practice. This is an exciting chance to learn and grow on the fundamentals of cheer and dance with motions and jumps. This team performs sideline cheer and parade marching. Learn motions, kicks, jumps, leaps, turns, tumbling, and chants. Includes physical conditioning during class time.

18 week spring season. Location: Dorothy Hart Community Center

Thursdays, 6:30pm – 7:15pm

January 26 – May 25

Price : \$35 (residents and non-residents)

STARFIRES EXTREMES

9yrs – 18yrs (3rd* through 12th grade)

**3rd graders: readiness level will be evaluated at the first practice. This is an exciting chance to learn high spirited CHEER and DANCE routines while developing poise coordination and showmanship. Learn Cheer and Dance motions, kicks, jumps, tumbling, and fun routines. This class is a chance to prepare for high school tryouts, as well as perform in half time shows, march and compete in parades, and competitions. Athletes will also be required to participate in an Open Gym Tumbling off site on one Saturday a month per Starfires schedule/Calendar.

18 week spring season. Pre-requisite: Must be enrolled into Starfires Prep in order to participate.

Location: Dorothy Hart Community Center

Thursdays, 7:15pm – 8:15 pm

January 26 – May 25

Price : \$45 (residents and non-residents)



STARFIRES HOT ICE DANCE TEAM

This is an audition only team created from select athletes from Starfires Extremes. This team will perform complex, modern hip hop routines. Selections were made in Fall Season.

7 week season. – may extend based on competition results at nationals Pre-requisite: Must be pre-authorized to enroll

Location: Dorothy Hart Community Center.

Thursdays, 8:15pm – 9:00pm

January 26 – March 9

Price: \$15 (residents and non-residents)

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YOUTH SPORTS & ACTIVITIES

“QUICK STICKS” FIELD HOCKEY

Field Hockey has quickly become one of the fastest-growing sports programs in the area. Grab your stick and sign up before it's too late. Practices are either Mondays & Wednesdays, or Tuesdays & Thursdays. Games are during the week and on Saturdays. All practices and games will be held at Dixon Park. The age determination date will be May 15, 2017. Registration begins January 3rd for City residents and January 10th for Non-City residents. **Deadline to register is February 9th.** There is a \$10 late registration fee. **SPECIAL REGISTRATION FORM REQUIRED.**

Location: Dixon Park

Rookie (7-9 yrs)

Junior (10-11 yrs)

Senior (12-15 yrs)

Mondays-Saturdays, March 13-May 13

Times Vary- weekdays, evenings and Saturdays

\$25/\$50 (residents/non-residents)

“LIL' STICKS” FIELD HOCKEY

Join this program that will introduce your 5 and 6 year-olds to Field Hockey and prepare them for our Field Hockey league. Register early to ensure your spot in this exciting program. No waivers for Lil' Sticks will be allowed. The age determination date will be May 15, 2017. Registration begins January 3rd for City residents and January 10th for Non-City residents. **Deadline to register is March 2nd.** There is a \$10 late registration fee. **SPECIAL REGISTRATION FORM REQUIRED**

Location: Dixon Park

Saturdays, March 25-April 29

(No meeting April 15)

Times TBD

\$20/\$40 (residents/non-residents)

Summer Field Hockey Camp

Camp registration begins March 22 for residents & March 29 for non-residents. See page 14 for camp dates and times.

YOUTH SPRING SOCCER

This program is for youth between ages six and 16 years old. Players learn the fundamentals including dribbling, passing, shooting and teamwork. Practices are either Mondays & Wednesdays, or Tuesdays & Thursdays. Games are during the week and on Saturdays. All practices and games will be held at Dixon Park. The age determination date will be May 15, 2017. Registration begins January 3rd for City residents and January 10th for Non-City residents. **Deadline to register is February 9th.** There is a \$10 late registration fee. **SPECIAL REGISTRATION FORM REQUIRED.**

Location: Dixon Park



Novice (6-7 yrs)

Rookie (8-9 yrs)

Junior (10-12 yrs)

Senior (13-16 yrs)

Mondays-Saturdays, March 13-May 13

Times TBD weekdays, evenings & Saturdays

\$25/\$50 (residents/non-residents)

SPRING STARTER SOCCER

4 yrs-5 yrs

Starter Soccer is our introduction to soccer program for kids between ages four and five years old. The program meets for one hour over five Saturdays at Dixon Park. Teams will practice for the first 30 minutes, and scrimmage for the last 30 minutes. The program begins on March 25th. No age waivers for Starter Soccer allowed. The age determination date will be May 15, 2017. Registration begins January 3rd for City residents and January 10th for Non-City residents. **Deadline to register is March 2nd.** There is a \$10 late registration fee. **SPECIAL REGISTRATION FORM REQUIRED**

Location: Dixon Park

Saturdays, March 25-April 29

(No meeting April 15)

Session 1: 9:00am-10:00am

Session 2: 10:00am - 11:00am

\$20/\$40 (residents/non-residents)

BLASTBALL

4 yrs-5yrs

The ideal entry level of play for kids who will go on to more advanced levels of baseball. Blastball teaches the basics of T-ball and the fundamentals of hitting, running, and fielding while emphasizing teamwork and sportsmanship. No age waivers for Blastball will be allowed. Registration begins February 14th for City residents and February 21st for Non-City residents. **Deadline to register is April 20th.** There is a \$10 late registration fee. **SPECIAL REGISTRATION FORM REQUIRED**

Location: Sunshine Ballpark

Saturdays, May 6-June 10

(No meeting May 27)

Times Vary

\$20/\$40 (residents/non-residents)



YOUTH BASEBALL

Do you have the next Pujols, Jeter, Harper or Ortiz? Watch your children develop their talents through our exciting league. Each age division stresses skill development, sportsmanship, and friendly competition. The age determination date will be June 15, 2017. Registration begins February 14th for City residents and February 21st for Non-City residents. **Deadline to register is March 23rd.** There is a \$10 late registration fee. **SPECIAL REGISTRATION FORM REQUIRED**

Location: Sunshine Ballpark

T-Ball (6 yrs)

Coach Pitch (7-8 yrs)

Rookie (9-10 yrs)

Junior (11-12 yrs)

Mondays-Saturdays, April 24-June 10

Times Vary- weekdays, evenings and Saturdays

\$25/\$50 (residents/non-residents)

GIRLS VOLLEYBALL CLINIC

8-16yrs

Have an interest in learning Volleyball? This clinic will teach the basic skills of Volleyball including passing, setting, serving and defensive techniques. Open to girls ages 8-16, this program will be held at James Monroe High School. Head Coach Lou Wondree and players will be instructing this clinic. Registration begins January 17th for City residents and January 24th for Non-City residents. **Deadline to register is February 23rd.** There is a \$10 late registration fee. **SPECIAL REGISTRATION FORM REQUIRED**

Location: James Monroe High School

Thursdays, 6:00pm.-8:00pm.

March 2-March 23

\$20/\$40 (residents/non-residents)



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JUNIOR KARATE

5yrs – 7yrs

Our Junior Karate class is a great introduction into the world of martial arts for children. It is an excellent way to develop self confidence, balance, and discipline. Be sure to register early, class size is limited. Location: Dorothy Hart Community Center

Saturdays, 9:00am – 10:00am

January 7 – February 11

March 4 – April 8

April 29 – June 10 (No class May 27)

\$35/\$45 (residents/non-residents)

Isshinryu Karate for Adults

See page 21 for Adult Karate class details.



YOUTH TRACK & FIELD MEET

Come out and participate in this fun and FREE event! Boys and girls ages 9-14 will be able to demonstrate their athleticism in running, throwing and jumping events. Participants will compete in age groups according to their age on December 31, 2017. All participants must provide proof of age and pre-register to participate. Registration begins February 14th for City residents and February 21st for Non-City residents. **Deadline to register is April 6th.** SPECIAL REGISTRATION FORM REQUIRED
Location: James Monroe High School

Saturday, May 6

Time-9:00 a.m.

FREE

**A BIG Thank you to our
Fall Football, Soccer and Field Hockey
Coaches and Team Sponsors!**

SPONSORS

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DLR Contracting Inc.
Freestate Electrical Company
Gravatt Entertainment
Infinity Technologies
Integrated Health PC
Iron Pig Offroad
JOHN ROBB Custom Homes, Inc.
Jungle Boys Training

Kappa Foundation
Lucky Shot Photography
Papa John's
Philly Pretzel Factory
PSEPT Photography
Reliable CAD Solutions
The Chimney Sweep
United Global

COACHES

Allison Bridges
Andy Wolfenbarger
Ann Bernardi
Aria Deimini
Ben Forbes
Bill Britt Jr.
BJ Poorbaugh
Brent Brady
Butch Dreany
Caleb Curfman
Christopher Zaffram
Dannielle Bush
Delaney Bailey
Diane Bestick
Donnie Seal
Dorothy Green
Doug Jenkins
Erin Koza
Garrett Green
Gary Whittington
Hamish Brewer
Heather Freeman
Heather Holsinger
Jack Johnson
James Anderson
James Bush
Jason Luck
Jeff Chadwell
Jennifer Gallaway

Jennifer Julkowski
Jessica Beringer
Joanne Patton
Joanne Patton
John Coker
Josh Sanford
Julian Bumbrey
Justin Bullock
Kelly Ulmer
Keyon Johnson
Kim Brewer
Kimberly Morefield
Laina Jones
Lance Williams
Lexi Bove
Libby Baker
Marcus Pomeroy
Margaret Gallagher
Marsh Freeman
Matt Denson
Megan Dougherty
Megan Faulconer
Mike Milam
Milton Jones
Nate Robinson
Oscar Jiron
Ralph Lewis
Randy McNulty
Rebecca Watson-Schmidt

Regina Baker
Romel Turner
Sarah Hall
Shawn Teague
Sherry Bove
Stefan Reiss
Stephanie Wise
Stephen Felts
Tara Durant
Ted Durant
Thomas Mon
Tim Allison
Tim Bahre
Tim Bahre
Tom Julkowski
Tony Scott
Trevor Daniel
Wil Gravatt
Willis Twum

We couldn't do it without you!

Coach and sponsor our teams! Call (540) 372-1086 or email fredprpf@fredericksburgva.gov for more information.

SUMMER CAMP PREVIEW

NATURE, ARTS AND ADVENTURE CAMPS

CAMP	DATES	TIMES	AGES	LOCATION
Summer Fun Festival	July 10 - July 21	9:00am - 12pm	4-12 yrs	Hugh Mercer
Up with the Arts	June 19 - June 30	9:00am - 12:00pm	4-13 yrs	Alum Springs Park
Safety Town Camp	August 21 - 25	9:00am - 12:00pm	4-6 yrs	Dorothy Hart Comm Ctr
Daydream Camp	June 26 - June 30	9:30am - 11:00am	5-8 yrs	Lafayette Upper
Daydream Camp	June 26 - June 30	11:30am - 1:00pm	9-13 yrs	Lafayette Upper
Super Star Camp	July 3 - July 14	9:30am - 11:00am	5-8 yrs	Lafayette Upper
Super Star Camp	July 3 - July 14	11:30am - 1:00pm	9-13 yrs	Lafayette Upper
Daydream Camp	August 7 - August 11	9:30am - 11:00am	5-8 yrs	Lafayette Upper
Daydream Camp	August 7 - August 11	11:30am - 1:00pm	9-13 yrs	Lafayette Upper
Improv & Comedy	July 10 - July 14	9:30am - 12:30pm	8-10 yrs	TBA
Improve & Comedy	July 17 - July 21	1:00pm - 4:00pm	11-14 yrs	TBA
Acting Production	July 10 - July 14	1:00pm - 4:00pm	11-14 yrs	TBA
Creative Drama	July 10 - July 14	9:30am - 11:00am	5-8 yrs	TBA
Creative Drama	July 10 - July 14	1:00pm - 4:00pm	TBA	TBA
Camp Hideaway	July 10-14	9:15am-Noon	Entering K or 1st in Fall '17	Alum Spring Park
Camp Hideaway	July 17-21	9:15am-Noon	Entering K or 1st in Fall '17	Alum Spring Park
Camp Hideaway	July 24-28	9:15am-Noon	Entering K or 1st in Fall '17	Alum Spring Park
Camp Hideaway	July 31 - Aug 4	9:15am-Noon	Entering K or 1st in Fall '17	Alum Spring Park
Camp Wildwood	June 19 - June 23	9:00am - 3:00pm	Grades 1-3, '16-'17 school yr	Motts Run Reservoir
Camp Wildwood	June 26 - June 30	9:00am - 3:00pm	Grades 2-4, '16-'17 school yr	Motts Run Reservoir
Camp Wildwood	July 10 - July 14	9:00am - 3:00pm	Grades 4-6, '16-'17 school yr	Motts Run Reservoir
Camp Wildwood	July 17 - July 21	9:00am - 3:00pm	Grades 1-3, '16-'17 school yr	Motts Run Reservoir
Camp Wildwood	July 24 - July 28	9:00am - 3:00pm	Grades 1-3, '16-'17 school yr	Motts Run Reservoir
Camp Wildwood	July 31 - August 4	9:00am - 3:00pm	Grades 4-6, '16-'17 school yr	Motts Run Reservoir
Teen Adventure Camp	July 3, 5-7	9:00am - 3:00pm	Grades 7-10 '16-'17 school yr	Motts Run & VOC
Fishing Adventures!	July 6 & 7	9:00am - 12:00pm	7-12 yrs	Motts Run Reservoir
Adventure Fishing Camp	July 17 - 21	8:30am - 4:30pm	7-14 yrs	Virginia Outdoor Center

This is just a preview of our summer line up!! More camps are on the way. Watch for our summer camp brochure available in March. Registration begins: March 22 for residents / March 29 for non-residents

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SUMMER CAMPS

SPORT CAMP PREVIEW

SPORTS CAMP	DATES	TIME	AGES	LOCATION
Soccer Camp	6/19-6/23	8:00am - 11:00am	7-15 yrs	Dixon Park
Field Hockey Camp	6/19-6/23	8:00am - 11:00 am	7-15 yrs	Dixon Park
Tennis Camp	6/19-6/23	8:00am - 10:00am	7-15 yrs	Kenmore Tennis Courts
Tot All Sports Camp I	6/26-6/30	9:00am - 12:00pm	4-6 yrs	Walker Grant
Basketball Camp	6/26-6/30	1:00pm - 4:00pm	7-15 yrs	Walker Grant
Lacrosse Camp	7/3-7/7	5:00pm - 7:00pm	7-15 yrs	Dixon Park
Threefold Sports Camp	7/10-7/14	9:00am - 12:00pm	7-15 yrs	Walker Grant
Football Camp	7/10-7/14	6:00pm - 8:00pm	8-15 yrs	James Monroe
All Sports Camp	7/10-7/14	1:00pm - 4:00pm	7-15 yrs	Walker Grant
Softball Camp	7/17-7/21	8:00am - 11:00am	7-15 yrs	James Monroe
Volleyball Camp	7/17-7/21	9:00am - 12:00pm	7-15 yrs	Walker Grant
Baseball Camp	7/17-7/21	8:00am - 11:00am	7-15 yrs	Walker Grant

MIDNIGHT MADNESS

will be returning for Summer 2017.

Friday nights at 7:30pm - 11:00pm for ages 11-17 years. More information available this spring!

This is just a preview of our summer line up!!
More camps are on the way. Watch for our summer camp brochure available in March.

Parks and Recreation Camp Registration begins:
March 22 for residents
March 29 for non-residents

Earth Day

On The Rappahannock

Old Mill Park

www.earthdayfred.com

Saturday, April 22 • 11am-4pm
(rain date, April 29)

Enjoy dozens of environmental exhibitors, live music, great food, birds of prey, hands-on activities, and so much more along the beautiful Rappahannock River! Hike the Heritage Trail to the park with a friend or family member, and learn what you can do to reduce your impact on the planet while having great, FREE, fun. Bring your own water bottle for re-fills! To get involved, visit: www.earthdayfred.com or contact: Linda Bailey, 372-1086 x 213.

JUMP ON THE TRAILS

School Nature Programs

A variety of SOL-based hands-on programs are available for school and scout groups.

TRAILKEEPERS

Our nearly 5-miles of hiking trails at Motts Run Reservoir always need a little TLC. You can enjoy the rewards of becoming a "Trailkeeper" by taking on a section for periodic upkeep! no experience required.

INTERESTED IN EITHER OF THESE?

Contact Linda Bailey at lbailey@fredericksburgva.gov or (540) 372-1086 text. 213.



ICE-BREAKER BASS TOURNAMENTS

Sunday, February 26th & Saturday, March 11th

8:00am until Weigh-In @ 3:00pm

\$35 entry fee per team

The Weekend Bassers Fishing Club will hold two winter open Ice-Breaker Fishing Tournaments at Motts Run Reservoir!

Proceeds will benefit the Kids' Fishing Derby June 3rd. Boat rental available. Bring own fishing gear.

PARK OPEN TO PUBLIC both days!!

For more info call: Ray Thomas (898-7542)
or Dickie Musselman (785-8087)



at Motts Run Reservoir
Saturday, June 3, 2017

7:30-10am Registration on site

8:30-11am Tournament

11am-12:15pm Weigh-In & Awards

FREE! Ages 4-16 years

Fishing, boat rental, games, prizes, vendors, hiking, picnicking...fun for the entire family!

(VA Game Dept. 'Free Fishing Weekend'— no license required!)
VOLUNTEERS & SPONSORS NEEDED!

For information, call Linda Bailey at 372-1086 x213

Sponsored by Fredericksburg Parks & Recreation
and the Weekend Bassers

Summer Nature Camps & Fishing Camps

Camp registration begins March 22 for residents & March 29 for non-residents. See page 13 for nature, fishing and outdoor adventure camp dates and times.

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NATURE CHILDREN & ADULTS



LETTERBOXING

Ages 6 -10

Discover a fun, low tech activity your whole family can enjoy. We'll read some clues and hike through the woods searching for buried "letterboxes" that have been well hidden for years. We'll provide a notebook and pen you get to keep to start out your own letterboxing adventure. Mott's Run Nature Center no non-registered siblings please, Bring water, wear shoes with a tread and dress for the weather. Pre-registration required, Instructor: Mimi Dempsey. Location: Motts Run Nature Center

Thursday, March 16, 4:30PM-6:30PM

\$8/\$10(resident/non-resident)

LITTLE BITTY BOBCATS

3yrs – 5yrs

Pounce on over to the Motts Run Nature Center for three mornings of growlin' good fun! Snack, story, and craft included. Bring your favorite adult cat on down! Pre-registration required (kids must attend with non-paying adult) for all three programs. Instructors: Linda Bailey & Mimi Dempsey.

Thursdays, 10:00am-11:00am

January 12 – Bird Feeder Fun

February 2 – Ground Hog Day

March 2 – Seed Secrets

March 9 – Snow Make-up Day

\$24/\$30 (residents/non-residents)

HOMESCHOOL NATURE CLUB

8yrs – 11yrs

Calling all homeschoolers 3rd-6th grades to take a break from the books and join a nature club. We'll meet one Monday a month from January through April (check the dates). Dress for the weather and wear shoes with a tread(no flip flops) and bring water, hiking will be involved in all classes. NO non-registered siblings please. Pre-registration required for entire series. Instructor: Mimi Dempsey. Location: Motts Run Nature Center

Mondays, 1:00pm-2:30pm

January 23 – Winter Tree ID (with Linda Bailey)

February 27 – Winter in the Woods

March 20 – Letterboxing

April 24 – Canoeing

\$40/\$50 (residents/non-residents) for all four classes

JR. NATURALIST: MAMMALS

10yrs – 16yrs

Coyote scat, fox tracks, beaver pelts, and much more! Spend four spring afternoons learning about our wild hairy beasts! We'll make fake scat, pour plaster molds, do blindfold pelt ID, hike, and much more! All participants receive a patch – attend 3 spring/fall courses and get your name on a plaque in the nature center! Crawl on down for this one. Instructor: Linda Bailey. Location: Motts Run Nature Center.

Tuesdays, 4:30pm-6:00pm

April 4, 11, 25, May 2

\$55/\$65 (residents/non-residents)



WINTER NIGHT HIKE — FULL MOON

6yrs – Adult

We'll start with hot cocoa, then head out to enjoy the evening magic of the winter woods under the light of the full moon. Whooo knows what we'll discover! Dress warmly, wear shoes with good traction and bring a flashlight. Pre-registration required (kids must attend with paying adult). Instructor: Linda Bailey. Location: Motts Run Nature Center.

Friday, 7:00pm-8:15pm

February 10

\$6/\$6 (residents/non-residents)

MOONLIGHT SONATA AT SALAMANDER LOOP

8yrs-Adult

Join us for an evening stroll through the woods on the Ni River Trail. We'll listen for the chorus of night creatures such as frogs, owls, and coyotes, stopping along the river for hot cocoa by the light of the near-full moon. Our group will be small and quiet! Bring a flashlight. Pre-registration required (kids must attend with paying adult). Instructors: Linda Bailey & Mimi Dempsey. Location: 8110 River Stone Drive, Fredericksburg (across Rt 1 from Massaponax HS).

Friday, 7:00pm-9:00pm

March 10

\$12 (residents/non-residents)

AWESOME ORIENTEERING

9yrs – Adult

Learn to use a map and compass then test your skills on our woodland orienteering course. Wear sturdy footwear and long pants. Compasses and water provided. Pre-registration required (ten and under must attend with paying adult). Instructor: Linda Bailey. Location: Motts Run Nature Center.

Wednesday, 4:30-6:00pm

March 22

\$8/\$10 (residents/non-residents)

WINTER SOLSTICE CELEBRATION

All ages

Celebrate both night and day on the shortest day of the year! come to Motts Run Reservoir dressed for a lantern lit night hike through the winter woods and a surprise along the way. Warm up at the end by a bon fire and enjoy a s'more while we entertain you with a warm winter story. Location: Motts Run Reservoir

Wednesday, 6:30pm-8:00pm

December 21

\$7 / \$7 (residents/non-residents)

\$32 family of 5 or more *each additional guest must pay



CANOEING 101

5yrs-99yrs

Come on down to Mott's Run Reservoir to learn some canoeing basics. We'll cover safety, the parts of the canoe and simple strokes as we paddle the beautiful waters of the reservoir. Under age 10 must be accompanied by a registered adult in the canoe. Wear shoes that can get wet and bring water. Pre-registration required, Instructor: Mimi Dempsey. Location: Motts Run

Friday, May 12, 6:00PM-7:30PM

\$10/\$12 (resident/non-resident)

OUTDOOR COOKING

Ages 5-Adult (all children must be accompanied by a paying adult)

Leave the technology and your worries behind and come outside for an evening of old fashioned fun. You'll learn to make a "scout stew" that is surprisingly delicious. We'll also roast yummy doughboys over the fire. Bring a can of your fav vegetables, a camp chair and a hearty appetite and we'll enjoy our meal together by the fire. Unused food will go to the foodbank. Pre-registration required, Instructor: Mimi Dempsey. Location: Motts Run Nature Center

Wednesday, May 17, 6:00PM-7:30PM

\$8/\$10(resident/non-resident)

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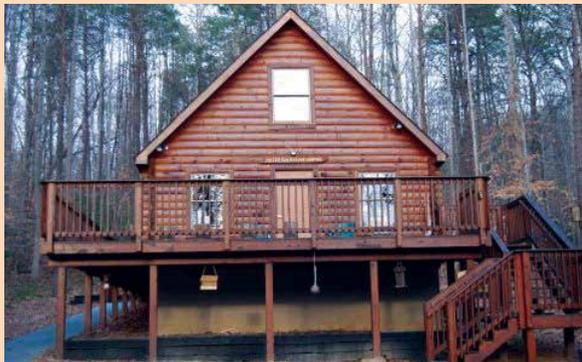
NATURE CHILDREN & ADULTS

WILDERNESS CANOE TRIP

Boundary Waters Canoe Area, Minnesota
16yrs-Adult*

The trip of a lifetime awaits you! Paddle and portage in the land of loons, beaver and wolves! Our small group (9 max) will fly then be driven to Ely, MN, where we will embark on an 8-day wilderness adventure. National Geographic calls the Boundary Waters Canoe Area one of the "50 Destinations of a Lifetime!" All expenses, including airfare and ground transportation included. To receive full trip information packet contact Linda Bailey, trip leader: 540-372-1086 x213 or lbailey@fredericksburgva.gov. Under 18 must attend with parent. Registration deadline: March 15, 2017 (\$500 deposit due)

Thursday, August 3rd – Saturday, August 12th, 2017
\$1,650 (residents/non-residents)



Motts Run Nature Center 2017 Volunteer Orientation

Saturday, February 18, 9am-11am
(Saturday, Feb. 25, Snow make-up date)
at the Motts Run Nature Center

Children welcome to volunteer with their parents!

Calling Nature enthusiasts of all ages! Volunteers needed to staff the Motts Run Nature Center on weekends from April through October. A ten-hour commitment requested for the season. We'll teach you everything you need to know! Must be 16 years or older.

CALL Mimi Dempsey to register: 372-1086 x218
mldempsey@fredericksburgva.gov

FUNGUS AMONG US

16-Adult

Dog Vomit Slime, Witches Butter, Wolf's Milk, Earth Star, and Birds' Nest are just a few of the wonderful fungi we've seen at Motts Run. Join us for a trek through the woods at Motts Run Reservoir to see if there is a fungus among us. Wear comfy clothes, and shoes you can hike in and bring water. Pre-registration required, Instructors: Mimi Dempsey, Linda Bailey, & Harry Puffenberger. Location: Motts Run Nature Center

Tuesday, March 14, 9am-11am

\$10/\$12(resident/non-resident)

DR. ANDREW DOLBY PRESENTS BIRD BONANZA

16yrs-Adult

The early bird gets the worm so fly on over to the Motts Run Nature Center. Dr. Dolby local ornithologist and chair of the Biology department at UMW will share his wealth of knowledge on the birds of Motts Reservoir. We'll start with a brief slide show to help us I.D. some of the birds we are likely to see and hear during this wonderful migratory period. Bring binoculars and wear comfy walking shoes as we'll hike along the lake shore and into the woods.

Saturday, March 25, 9:00am-11am

\$15/\$15 (residents/non-residents)



SUPER SENIOR WILDCAT CLUB

Adults

Join a naturalist and make a friend while exploring in the outdoors. Who says kids are the only ones having fun outside? Be prepared to hike up to an hour and bring water and a sack lunch and we'll picnic together at the end. January event is a night hike, bring a flashlight, check the schedule. Some trails are not paved and can be rugged in spots. Dress for the weather and wear good shoes with a good tread. Sessions consist of four hikes. Pre-registration required.

Instructor: Mimi Dempsey. Location: Motts Run Nature Center.

Tuesdays, 11:00am-12:30pm (*Tue. Jan 24, 6:45-8:15pm)

Jan. 24-*Celestial Wonders (Stargazing w/ Linda Bailey)

February 14 – I Heart the Woods

March 21 – Fungus Among Us

April 11 – Canoeing

\$35 / \$40 (resident/non-resident)

PICKLEBALL

BEGINNER & ADVANCED SKILLS PICKLEBALL LESSONS

18-Adult

Pickleball is the fastest growing adult sport in the country. Played on a badminton court with the net lowered to 34 inches, the sport encompasses elements of tennis, racquetball and ping-pong. All available courses are four (4) weeks in length and all equipment is provided. In the beginner's course, instructors Mike Curry and Noel Lowery will teach the basic skills of the sport including equipment, game play, rules, scoring, strokes, serve and game etiquette. All equipment provided. The advanced course will teach skills, tactics and strategies to work on consistency in basic shots, coming to the nets and dinks. Registration is open now for lesson signups for lesson signups. Each program lesson is open to a maximum of 12 participants. **SPECIAL REGISTRATION FORM REQUIRED**

Location: Dorothy Hart Community Center/ Memorial Park

Beginner Skill Lessons: \$40/\$45 (residents/non-residents)

Advanced Skill Lessons: \$25/\$30 (residents/non-residents)



Lesson Date(s)	Lesson Times	Location
Tuesdays, February 14-28 (Beginner Lessons Only)	2:00 pm – 4:00 pm	DHCC
Tuesdays, March 7-21 (Beginner Lessons Only)	2:00 pm – 4:00 pm	DHCC
Mondays, April 3-24 (Beginner & Advanced Lessons)	9:00 am – 11:00 am	Memorial Park
Mondays, May 1-22 (Beginner & Advanced Lessons)	4:30 pm – 6:30 pm	Memorial Park

FRESHMEN PICKLEBALL TOURNAMENT SHOWDOWN

Adults 40+

Fredericksburg Parks and Recreation will offer a Freshmen Tournament for ages 40 and up. Located at Kenmore Park, this outdoor tournament is open to Pickleball players with less than one year experience playing the sport. Tournament will feature a drop flight bracket, and partner combination may be either male or female. Registration will include a tournament t-shirt for players. Tournament play is subject to change based on participant numbers. Registration will begin February 28th for interested participants. Deadline to register is April 6th. There is a \$10 late registration fee after April 6th. **SPECIAL REGISTRATION FORM REQUIRED.** Location: Memorial Park

Saturday, April 29 at 9:00am

\$30 per team

OPEN PLAY PICKLEBALL

Looking to have fun playing Pickleball with other local participants? Open play is held weekly (weather permitting) at Kenmore Park beginning April 1, 2017 at 8:30am-12:30pm – Beginner/Intermediate/Advanced Open Play. This format will be evaluated, and changes will be made accordingly.



SFS LADDER LEAGUE

Interested in joining Pickleball ladder play? The Stafford, Fredericksburg & Spotsy Ladder League (SFS) has winter play available. For more information, please contact Noel Lowery at (540) 903-5251 or visit www.sfspickleball.org.

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ACTIVE OLDER ADULTS GROUP FITNESS

PUNCH CARD PROGRAMS

Group Fitness classes require a Group Fitness Punch Card. These cards allow you the flexibility to choose and try any and all fitness classes. Take a look at our offerings to see what fits your busy schedule and stop in to purchase your card to good health today! Class times are subject to change. All fitness classes are 50 minutes in length and on-going with no specific start date unless otherwise stated in the description below. Location: Dorothy Hart Community Center.

Each time you attend a class, it is 1 punch. Group Fitness Punch Cards expire 30 days from purchase and can only be acquired in person at the Dorothy Hart Community Center.

Group Fitness Punch Card Options and Fees:
30 Day Pass (Unlimited Classes) - \$40/\$45 (res/non-res)
Flex 12 Punch Card - \$35/\$40 (residents/non-residents)
Flex 8 Punch Card - \$30/\$35 (residents/non-residents)
Drop in fee for any class \$5

STRENGTH, TONE AND SCULPT

If you want strong bones and to build muscles that burn fat, then come join us. We work on our entire body including upper body, lower body, and abdominals through the use of free weights, flexibility ball, and exercise tubes. Instructor: Pam Wrobel, ACE & CPR Certified.

Mondays and Wednesdays
6:00pm-6:50pm

EARLY MORNING SCULPT AND TONE

Start your day off with this early morning workout. This program includes a variety of exercises to include ballet, yoga and Pilates to strengthen, tone, and keep you flexible. You'll find you have more energy throughout the day and be glad you got out of bed in time to get in shape. Instructor: Pam Wrobel, ACE & CPR Certified

Mondays, Wednesdays, Fridays
8:10am-9:00am



CARDIO AND STRENGTH TRAINING FOR ACTIVE OLDER ADULTS

This unique strength training program is specifically geared toward the Active Older Adult. We combine low impact cardio elements, resistance training, along with cord condition floor work. We'll end class with relaxing stretches, which will help improve flexibility and also reduce stress. A perfect way to end your workout! Instructor: Teresa Powell, CPR Certified.

Tuesdays, 8:30am-9:20am and 1:00pm-1:50pm
Thursdays, 1:00pm-1:50pm

PILATES FOR THE BEGINNER TO INTERMEDIATE LEVELS

Pilates is for all ages, genders and abilities! Most body aches and pains are due to muscular imbalance. Pilates strengthens the muscles that support the spine (the neck, shoulders, abdominals, hips and thighs); assisting to realign the spine and strengthen the body from the inside out. This class will focus on activating deep muscles while helping tone, streamline and improve your posture through the emphasis on body conditioning, core muscle training, and flexibility. You will also learn to do Pilates exercises with props, such as small balls, large medicine balls, stretch bands, hand weights, Pilates rings and foam rollers. Instructor: Teresa Powell, CPR Certified

Mondays, Wednesdays, Fridays
11:30am-12:20pm

BALANCE AND GENTLE STRETCHING

This class addresses the issue of core stability through balance exercises. Gentle stretching would target the flexibility of individuals; keeping them limber for daily activities. Instructor: Pam Wrobel, ACE & CPR Certified

Tuesdays and Thursdays
8:15am-9:00am

ISSHINRYU KARATE

8yrs – Adult

This program is for adults and children alike to help develop coordination, muscle tone, and self confidence. The instructor does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parents, you can take it with your kids!

Location: Dorothy Hart Community Center

Saturdays, 10:00am – 12:00pm

January 7 – February 11

March 4 – April 8

April 29 – June 10 (No class May 27)

\$35/\$45 (residents/non-residents)

Junior Karate

5yrs – 7yrs. See page 12 for Junior Karate details.

HEARTSAVER - FIRST AID & CPR/AED

14yrs - Adult

Heartsaver® First Aid CPR AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. Please bring bag lunch! Instructor: Tim Carpenter (cpr_4_life@yahoo.com). Pre-registration required. You can register for single components such as CPR only or First Aid. Sorry the price is the same SO take the whole course! Call 372-1086 for details. Location: Dorothy Hart Community Center.

Fridays, 9:00am – 4:00pm

January 20

February 17

March 10

April 21

May 12

\$55/\$60 (residents/non-residents)

ASHI PET FIRST AID

14yrs – Adult

Love your pet? Of course you do! Consider this statistic: one out of four pets would survive if just one pet first aid technique was applied prior to getting emergency veterinary care, according to the American Animal Hospital Association. The time is now for you to arm yourself with knowledge and know how to act in a pet emergency. Instructor: Tim Carpenter (cpr_4_life@yahoo.com). Pre-registration required. Location: Dorothy Hart Community Center.

Friday, 9:00am – 1:00pm

March 24

\$40/\$45 (residents/non-residents)

**** Sign up for one of our Dog Classes and take this class for 50%**



BEGINNING BELLYDANCE

12yrs – Adult

The ancient moves of belly dance tone and strengthen your core, so you can move with grace and confidence. Instruction is easy to follow and all are welcome. Exercise wear is recommended and slippers are optional. Pre-registration required. Instructor: Anthea Poole. Location: Dorothy Hart Community Center

Wednesdays, 7:00pm – 8:00pm

January 4, 11, 18, 25

February 1, 8, 15, 22

March 1, 8, 15, 22

April 5, 12, 19, 26

May 3, 10, 17, 24

\$48/\$59 (residents/non-residents)

\$10 Trial class fee

CONTINUING BELLYDANCE

12yrs – Adult

This class is for those who knows the basics and want to learn routines and various styles, using various props and finger cymbals. Must have completed Beginner Bellydance. Exercise wear is recommended and slippers are optional. Pre-registration required. Instructor: Anthea Poole. Location: Dorothy Hart Community Center

Wednesdays, 8:00pm – 9:00pm

January 4, 11, 18, 25

February 1, 8, 15, 22

March 1, 8, 15, 22

April 5, 12, 19, 26

May 3, 10, 17, 24

\$48/\$59 (residents/non-residents)

\$15 Drop-in fee

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ADULT SPECIAL INTEREST



ESSENTIAL OIL WORKSHOPS

16yrs – Adult

Want to have fun and help yourself stay young? Well, we have a number of workshops that can help you do just that! Sign up for one of the workshops or all of them! In each hands-on workshop you will make three projects using all natural essential oils. Instructor: Lindsey McClellan. Registration deadline one week before each class. Location: Dorothy Hart Community Center

Saturdays, 10:00am – 11:00am

January 21 - Relax & Unwind after the Holidays class includes bath salt, bath bomb and bath fizzies.

February 18 - Pamper Yourself class includes clean your bling, nail nourisher and diva lashes.

March 18 - Chemical-Free Kitchen Cleaners class includes thieves' household cleaner, chemical-free lavender "soft scrub" and shower mold cleaner.

April 22 - Shoo Fly...Don't Bother Me! class includes essential oil insect repellent, flea be gone carpet treatment, and overnight toilet bowl cleaner.

May 13 - It's Getting Hot in Here! class includes streak-free window cleaner, perspiration stain remover and played too hard stain remover.

\$40/\$42 (residents/non-residents)

****Sign up for two get a 10% discount on your third workshop.**

CONVERSATIONAL ITALIAN FOR BEGINNERS

13yrs - Adult

Conversational Italian is for teens and adults. It is a classroom environment where the instructor will familiarize the class with basic words and phrases in Italian. This course teaches the basic skills to those who do not know Italian so they can converse with an Italian speaker. Instructor: Lucia Toole. Pre-registration is required. Location: Dorothy Hart Community Center.

Wednesdays, 6:00pm – 7:00pm, January 11 – February 15

Wednesdays, 7:00pm – 8:00pm, February 22 – March 29

Thursdays, 10:00am – 11:00am, January 12 – February 16

Thursdays, 11:00am -12:00pm, February 23- March 30

\$90/\$95(residents/non-residents)

ADVANCED CONVERSATIONAL ITALIAN

13yrs - Adult

Build on the skills you learned in our previous classes. The instructor teaches an expanded set of skills to those that have acquired a basic knowledge of Italian through completion of conversational Italian I. This is ideal for those who are planning a trip to Italy. Instructor: Lucia Toole. Pre-registration is required. Location: Dorothy Hart Community Center.

Wednesdays, 6:00pm – 7:00pm, February 22 – March 29

Thursdays 10am – 11:00am, February 23 – March 30

\$90/\$95(residents/non-residents)

THE BUZZ ABOUT BEES

Did you know that to make up 1 pound of honey, bees may travel up to 50,000 miles and visit more than 2 million flowers? Did you know that bees are responsible for pollinating over 2/3 of the world's agricultural crops? Join us for a fascinating, informal discussion about the world of honeybees and how intertwined they are with our everyday lives. You do not need to be a beekeeper to support honey bees; just planting bee friendly native wild flowers in your yard can help. Beekeeper Margaret Greene will share her love of bees and her experiences keeping these amazing creatures. You will come away from this class educated and entertained! Registration deadline one week in advance of class date. Location: Dorothy Hart Community Ctr

Thursday, April 6, 7:00 pm – 8:30 pm

\$ 4/\$4 (residents/non-residents)



ADULT SPECIAL INTEREST

CREATING HDR PHOTOGRAPHY

14 - Adult
High Dynamic Range (HDR) photography uses a mix of camera craft and post processing techniques to create photos that have a unique look. Learn how to get the best source photos, process those photos and then combine them to create a final HDR photo. Processing techniques will be demonstrated using a variety of apps including Lightroom CC, Photoshop CC and Aurora 2017 from Macphun. A laptop is helpful but not necessary. Instructor: Vincent Knaus. Pre-registration is required. Location: Maury Commons

Mondays, 7:00pm – 9:00pm
January 23 – February 13
Saturdays, 10:00am – 12:00pm
March 4 – March 25
\$60/\$60 (residents/non-residents)

GETTING INTO DIGITAL PHOTOGRAPHY

14 - Adult
Digital photography can be an enjoyable pastime if you understand a few basic photographic techniques. In this class you will learn both the technical side of photography as well as the creative side. Camera modes, exposure settings, composition and much more will all be covered in this class. Please bring your digital camera and owner's manual to class. Instructor: Vincent Knaus. Pre-registration is required. Location: Maury Commons

Tuesdays, 7:00pm – 9:00pm
March 14 - April 4
\$60/\$60 (residents/non-residents)

INTERMEDIATE DSLR PHOTOGRAPHY

14 - Adult
Are you comfortable with the controls on your DSLR camera and want to learn to create better photos? In this class we will explore techniques that will help you develop better photographic skills. Understanding light, composition, camera techniques and post processing will all be covered in this class. A DSLR camera and post processing software is required for this class. Instructor: Vincent Knaus. Pre-registration is required. Location: Maury Commons

Saturdays, 10:00am – 12:00pm
January 21 - February 11
Thursdays, 7:00pm – 9:00pm
March 23 - April 13
\$60/\$60 (residents/non-residents)

+ Call for Photographers!!
Fredericksburg Photo Show is coming in June 2017 to the Dorothy Hart Community Center.

www.fbgphotoclub.com

JOIN US!   @FREDPARKSREC

WWW.FREDPARKSREC.COM

ADULT SPECIAL INTEREST



BASIC DOG MANNERS

16yrs – Adult

Using positive reinforcement methods based on current learning theory and behavior modification techniques, we will teach YOU to teach the dog to respond to your commands of : Come, Sit (and Stay) Down (and Stay) and Heel. Instructor, Sarah Ferrell, teaches the skills dogs need to pass the AKC Canine Good Citizen test. Dogs of all ages and sizes are welcome, but the dog must be at least 14 weeks old and have had at least 2 of 4 puppy vaccinations. Participants in all classes must show current veterinary vaccination at first night's orientation. Positive reinforcement methods only. We will learn to use a clicker. Students learn to use their clicker to show dogs the desired behavior and give immediate rewards. Dogs attend ALL five classes. Students will receive weekly e-mail homework and dog behavior discussions. We will have a festive graduation with prizes and photo opportunities week 5. Email instructor, Sarah Ferrell at saf@abrohamneal.com. to request a supply list and class orientation sheet after you register. Pre-registration is required. Location: Dorothy Hart Community Center.

Wednesdays, 2:30pm – 3:30pm

January 18 – February 22 (No class February 8)

Wednesdays, 7:00pm – 8:00pm

January 18 – February 22 (No class February 8)

\$89/\$99 (residents/non-residents)

**** Sign up for this class and get 50% off on our ASHI Pet First Aid Class)**

ANNUAL DOG EASTER EGG HUNT

Bringing your dog(s) and come experience our 5th Annual Dog Easter Hunt. Your registration of \$5.00 dollars allows up to two dogs to join in the fun! Dogs must be at least 12 weeks old. A small dog area will also be available for dogs under 15 lbs. Half of all registration will be given to the Fredericksburg SPCA. Want to meet pets available for adoption? We will have some onsite! All dog parents are required to sign release acknowledging their dog(s) is current on shots and healthy enough to participate. Pre-registration is requested! On-site registration will be available if space permits.

Saturday, April 8 – 1:00pm until done!
Memorial Park (Old Kenmore Park)

ADVANCED DOG MANNERS (DAYTIME & EVENING)

16yrs - Adult

In response to graduates of our Basic classes, we offer Advanced skills classes (Daytime Advanced class on Wednesdays and an Evening Advanced class on Tuesdays) for dogs who want to go a bit further in their good manners mastery. Instructor, Sarah Ferrell, will teach you positive reinforcement techniques for helping your dog master longer sit and down stays; calm, leisurely loose lead walking; and fast, enthusiastic "Come!" when called. Dogs will learn to do their work, on request, even with distractions like strangers knocking on the door, humans jogging while they concentrate on sit or down, watching their humans even when tantalizing dog fun activity unfolds around them. For the dogs that came to a basic skills class and now want to hone their attention and obedience response vocabulary, this is the class for you. We will work on all ten tasks of the AKC CGC test as part of our school work. Owners working on their AKC Novice work may wish to practice a run-through of the AKC Novice work as their graduation exercise. As in all Dog Manners classes, we will have a festive graduation our last session. Students will receive weekly e-mail homework and dog behavior discussions. Please email instructor, Sarah Ferrell at saf@abrohamneal.com. to request a supply list and class orientation sheet after you register. Pre-registration is required. Location: Dorothy Hart Community Center.

Wednesdays, 1:00pm – 2:00pm

January 18 - February 22 (No class February 8)

\$89/\$99 (residents/non-residents)

**** Sign up for this class and get 50% off on our ASHI Pet First Aid Class)**

PLAY THE GUITAR

8yrs – 11yrs and 12 - Adult

This class will equip you with all the chords and strumming patterns you need to play countless songs. You'll be playing songs after the first lesson! Teaching materials are provided. Students must have their own guitar. Instructor: Peter Mealy. Pre-registration required. Location: Dorothy Hart Community Center.

Saturdays, 9:30am – 10:30am (8yrs – 11Yrs)

January 7 – January 28

February 4 – February 25

March 4 – March 25

Saturdays, 10:30am -11:30am (12yrs – Adult)

January 7 – January 28

February 4 – February 25

March 4 – March 25

\$50/\$50(residents/non-residents)

***** Classes are for both adults and children.**

We are partnering with the Central Rappahannock Regional Library to bring you FREE workshops this spring!!

GENEALOGY 101

Interested in researching your family history, but don't know where to begin? Get tips on where to start and what resources are available in the library and online. Free, but you must pre-register. Location: Dorothy Hart Comm. Ctr

Thursday, February 23, 7:00 – 8:00PM

Free, must pre-register

BOOK TALK- MAKE MINE A MYSTERY

What's better than settling in with a good book during the winter, when weather makes it tough to enjoy the outdoors? Sometimes it's finding the good book that's the tricky part. Our new Book Talk program is the answer! Join us on Wednesday, February 8th at 10:00 am for this engaging discussion with library staff . Whether you like them cozy or hard-boiled, discover some new mystery titles and authors. Held at the Dorothy Hart Comm. Ctr.

Wednesday, February 8, 10:00 am – 11:00 am

Free, must pre-register

TECH PETTING ZOO

Technology is the way to go these days, even when it comes to reading books. But it can be intimidating to understand where to start. This class will teach you how to begin and show you all the resources available to you through the library. Bring your library card and eReader, tablet, or smartphone and get connected to the library's eBooks, eMagazines, and eAudios. Free, but you must pre-register. Location: Dorothy Hart Community Center.

Thursday, March 7, 7:00am – 8:00 pm

Saturday, April 1, 10:30am – 11:30 am

Free, must pre-register



CREATE YOUR OWN RUSTIC PALLET SIGN

We are excited to offer this new way to get creative! Put on your painting clothes and join us at When Pigs Fly Studio where you will create your own signature rustic pallet sign! You will receive a 16" x 24" wooden pallet piece ready for you to make your own with your chosen design. Each workshop lasts about 3 hours, with different designs offered. Participants can bring their own snacks and refreshments to inspire their creativity. There are several design choices, including monograms, sayings and limited edition patterns. Design choice must be made at time of registration.

Registration deadline is 1 week prior to each workshop.
Location Where Pigs Fly Studio .

Thursday, January 19, 6:30pm - 8:30pm

Thursday, February 16, 6:30pm - 8:30pm

Thursday, March 16, 6:30pm - 8:30pm

\$45/\$45 (residents/non-residents) includes all supplies.

WHITTLING & WOODCARVING CLASS

18yrs – Adult

(Younger students are accepted with Instructor approval) Class includes demonstrations of different types of carving, instruction and practice pieces for each type, and instruction on sharpening tools. Students will be required to purchase materials (average of \$20 to \$30) and a carving knife if they do not have one. Pre-registration is required. Instructor: George Whiteside. Location: Dorothy Hart Community Center.

Tuesdays, and Thursdays, 7:00pm -8:00pm

January 24 – February 2

February 14 – February 23

March 7 – March 16

\$35/\$40 (residents/non-residents)

JOIN US!   @FREDPARKSREC

WWW.FREDPARKSREC.COM

FREDERICKSBURG PARKS & RECREATION PRESENTS

The Ark Encounter



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Admission to the New, Stunning – ARK ENCOUNTER!
- ◆ Admission to the Famous CREATION MUSEUM
- ◆ Exclusive Diamond Tours® Dinner Party with Entertainment
- ◆ Admission to the Top-Rated NEWPORT AQUARIUM
- ◆ Admission to the Top-Rated CINCINNATI ZOO & BOTANICAL GARDENS
- ◆ For more pictures, video and information visit: www.GroupTrips.com/fredericksburgparksandrecreation

\$534 *

5 DAYS 4 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)

June

19 - 23, 2017



View from Inside the Ark Encounter



Visit to the Amazing Creation Museum!



Enjoy a Visit to the Cincinnati Zoo



Incredible Creatures at Newport Aquarium

Departure: Dorothy Hart Community Center, 408 Canal St, Fredericksburg, VA @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: The Ark Encounter & Creation Museum! This evening, you will have Dinner and check into your Cincinnati area hotel for a four night stay.

Day 2: Start the day with a Continental Breakfast before the big event you've been waiting for: THE ARK ENCOUNTER! Bigger than imagination, this life-sized Noah's Ark Experience will amaze you. Ark Encounter features a full-size Noah's Ark, built according to the dimensions given in the Bible. Spanning 510 feet long, 85 feet wide, and 51 feet high, this modern engineering marvel amazes visitors young and old. From the moment you turn the corner and the towering Ark comes into view, to the friendly animals in the zoo, or the jaw-dropping exhibits inside the Ark, you'll experience the pages of the Bible like never before. This evening, enjoy Dinner before heading back to your hotel.

Day 3: Start the day with a Continental Breakfast before you head to The Ark Encounter's sister attraction: THE CREATION MUSEUM. Prepare to believe as you explore 75,000 square feet of state-of-the-art exhibits, a high-tech Planetarium, full-size Allosaurus skeleton, stunning botanical gardens, petting zoo, and more. The state-of-the-art Creation Museum allows you to venture through biblical history. Tonight, enjoy an Exclusive Diamond Tours® Dinner Party with Entertainment!

Day 4: Start the day with a Continental Breakfast before heading to one of the TOP Zoo's in the United States – CINCINNATI ZOO & BOTANICAL GARDENS. Witness Mammals, Amphibians, Fish, Birds, Invertebrates, Reptiles, a stunning Garden, and more! Afterwards, you'll head to the famous NEWPORT AQUARIUM: 70 exhibits, 14 galleries, five seamless tunnels totaling over 200 feet in length. Sharks (including a Shark Bridge), Penguins, Gators and Canyon Falls are just part of what you will experience here. This evening, enjoy Dinner before heading back to your hotel.

Day 5: Today, after enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive *Travel Confident*® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

*Price per person, based on double occupancy.

Add \$179 for single occupancy.

Final Payment Due: 4/12/2017

FOR INFORMATION & RESERVATIONS CONTACT:

JoAnne Jones @ (540) 372-1086

\$75 Deposit Due: 2/15/2017

Flyer Pricing Includes Gratuity For Motor Coach Driver.

Diamond Tours[®] inc.
Bringing Group Travel to a Higher Standard[®]

Fla. Seller of Travel Ref No. ST32973.

FREDERICKSBURG PARKS & RECREATION PRESENTS

New Orleans



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 8 nights lodging including 4 consecutive nights in the New Orleans area
- ◆ 14 meals: 8 breakfasts and 6 dinners
- ◆ Guided Tour of a Louisiana Plantation
- ◆ Relaxing Riverboat Cruise on the Mississippi River
- ◆ Gaming at fabulous Harrah's Casino
- ◆ Visit to the National World War II Museum
- ◆ Guided Tour of New Orleans
- ◆ For more pictures, video and information visit:
www.GroupTrips.com/fredericksburgparksandrecreation

\$771 *

9 DAYS 8 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Sat - Sun)

May

20 - 28, 2017



View the French Quarter



Jackson Square



Harrah's New Orleans



Enjoy a Riverboat Cruise

Departure: Dorothy Hart Community Center, 408 Canal St, Fredericksburg, VA @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: historic New Orleans! This evening, you will settle into a comfortable en route hotel for a good night's rest.

Day 2: After enjoying a Continental Breakfast, you will depart for the Lookout Mountain Incline Railway in Chattanooga, TN. Later in the day, enjoy Dinner and check into your en route hotel.

Day 3: Today after enjoying a Continental Breakfast, you will continue towards your destination. Tonight, you'll enjoy Dinner before checking into your New Orleans area hotel for a four night stay.

Day 4: After Continental Breakfast, enjoy a Guided Tour of New Orleans and learn about the past and present of what makes this unique city a treasure. Then, you will visit the National World War II Museum. You will take in a cinematic experience on their 120 feet wide screen. It is a jaw dropping experience in 4-D, a technique that engages all the audience's senses with digital effects, life sized animation, as well as film and sound. This evening, you will Dine at a local New Orleans restaurant.

Day 5: Start out with Continental Breakfast before going on a Guided Tour of a historic Louisiana Plantation. Then depart for New Orleans. Enjoy free time to see some of New Orleans' many attractions. Do some shopping, stop to hear great music in the French Quarter – or just see the sights. This evening, you will Dine at a local restaurant.

Day 6: After Continental Breakfast, depart for some gaming at Harrah's Casino. Wind down the day with a wonderful Riverboat Cruise on the Mississippi River before enjoying a Dinner Party with Entertainment.

Day 7: Enjoy a Continental Breakfast before leaving for the Merrehope Estate in Meridian, MS. Later that day, after a relaxing Dinner, you'll check into your en route hotel.

Day 8: Today you will have Continental Breakfast and then go to the Market Square District in Knoxville, TN. Tonight, relax in your en route hotel.

Day 9: Today after enjoying Continental Breakfast, you depart for home... a time to chat with your friends about all the fun things you've done, the great sights you have seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive *Travel Confident*® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

*Price per person, based on double occupancy.

Add \$300 for single occupancy.

Final Payment Due: 3/13/2017

FOR INFORMATION & RESERVATIONS CONTACT:

JoAnne Jones @ (540) 372-1086

\$75 Deposit Due: 1/15/2017

Flyer Pricing Includes Gratuities For Step On Guide & Motor Coach Driver.

Diamond Tours^{inc.}
Bringing Group Travel to a Higher Standard®

Fla. Seller of Travel Ref No. ST32973.

TRIPS

WILDERNESS CANOE TRIP

Boundary Waters Canoe Area, Minnesota
16yrs-Adult*

The trip of a lifetime awaits you! Paddle and portage in the land of loons, beaver and wolves! Our small group (9 max) will fly then be driven to Ely, MN, where we will embark on an 8-day wilderness adventure. National Geographic calls the Boundary Waters Canoe Area one of the "50 Destinations of a Lifetime!" All expenses, including airfare and ground transportation included. To receive full trip information packet contact Linda Bailey, trip leader: 540-372-1086 x213 or lbailey@fredericksburgva.gov. Under 18 must attend with parent. Registration deadline: March 15, 2017 (\$500 deposit due)

Thursday, August 3rd – Saturday, August 12th, 2017
\$1,650 (residents/non-residents)

NATIONAL ZOO TRIP

4yrs – Adult

This is a favorite trip and we are looking forward to a great day! The Zoo is a 163 acre park featuring more than 400 different species of animals. It is great way to spend a day with your family or with friends. Trip leaves and returns to the Dorothy Hart Community Center. Pre-registration is required Wear comfortable shoes and bring a bag lunch. Trip deadline registration date is May 19, 2017

Saturday, June 3, 8:30am – 5:30pm

\$35/\$35(residents/non-residents)
(14yrs and up)

\$30/\$30(residents/non-residents)
(8yrs – 13yrs)

\$25/\$25(residents/non-residents)
4yrs – 7yrs)

*****Children three and under are free with paying adult**

INTERESTED IN VISITING IRELAND?

Join us on February 22 at 7:00pm at the Dorothy Hart Community Center to see a presentation on visiting Ireland in November 2017. Don't miss this one folds! We'll have a splendid time! Cost, trip locations and questions will be discussed. Also, bring your questions!



Downtown 31
More than just
New Year's Eve!

December has
31 DAYS,
find YOUR 31 WAYS
to celebrate!

The month-long celebration
culminates with our
31st Finale Event
Saturday, December 31
5pm-9pm • FREE Admission
Riverfront Park & Market Square

Downtown31.com
is your source for
Fredericksburg Festivities,
including New Year's Eve
event listings.

Featuring 3 activity areas
for children, teens and adults!
Live Music • Dancing •
Games • Food
Ping Pong Ball Drop at 9pm

Find out more at www.Downtown31.com
f /downtown31fredericksburg @fredparksrec



**EOD WARRIOR
FOUNDATION™**

10th Annual
**POLAR BEAR
PLUNGE**

February 4, 2016
9 am
Fredericksburg City Dock
207 Sophia St
Fredericksburg, VA 22401
\$25 - Early registration
Then \$35

EODWarriorFoundation.donorpages.com/2017PolarBearPlunge

Fredericksburg Fine Arts Show

March 31-April 2, 2017



66th Annual
Fredericksburg Fine Arts Show
Friday, March 31 – Sunday, April 2
Dorothy Hart Community Center, Auditorium
Free Admission

Explore the amazing talents of 80+ local artists and their artistic visions through nearly 300 paintings, drawings, photography, mixed media and more. The exhibit will not only enrich your imagination but funds raised will go to help the youth in our community do the same. Find that special piece of that speaks to you and purchase it for your home or business.

+ Call for Artists!!

Entry forms will be available online in January. Download entry form at www.FredParksRec.com.

Sponsored by Fredericksburg Parks and Recreation and the Woman's Club of Fredericksburg.

Questions?

540-372-1086 ext. 215 or spwise@fredericksburgva.gov

ART IN THE PARK

May 6 & 20
June 3 & 17
July 1 & 15
August 5 & 19
September 2 & 16
October 7 & 21



Saturdays at the Hurkamp Park Farmers Market
Browse and shop local artists and crafters on display the first and third Saturdays at the Farmers Market. Free admission.

+ Call for Artists!!

Now accepting artists and craftsman for our 2017 season. Visit www.thefarmersmarket.co for details. Or contact 540-372-2086 or marketmanager@fredericksburgva.gov.

CHILDREN'S ART SHOW & EXPO



Kids 4 years old through 12th grade
We want to see YOU and your masterpiece!

Entry form, fee and artwork deadline is 3pm on Friday, March 17, 2017. Entry forms are available at the Dorothy Hart Community Center and online at www.fredparksrec.com.

Exhibition is open to all children 4 years old through 12th grade. There is a \$5 entry fee for the first 2 pieces, \$5 entry fee for each additional (up to max of 4 artworks per child).
Entry Dates: March 13 - March 16, 2017

CHILDREN'S ART SHOW HOURS:

Thursday, March 23 - 10am-8pm

Friday, March 24 - 10am-4pm

Saturday, March 25 - 10am-2pm

FREE admission to view the exhibit!



CHILDREN'S ART EXPO WORKSHOP

While the Art Show will be on display Thursday - Saturday, the Children's Art Expo Workshop will be held Saturday, March 25 with fun and creative art experiences from 10am - 1pm for children of all ages to enjoy. \$6 fee for children to participate in the Art Workshop. Children who've already paid fees to enter the Art Show will be waived upon checking in to the event.

Sponsored by Fredericksburg Parks and Recreation, Cox Communications and JumpStart Fredericksburg.

Contact 540-372-1086 ext. 217 or fredprpf@fredericksburgva.gov with questions.



JOIN US!   @FREDPARKSREC

WWW.FREDPARKSREC.COM

2ND ANNUAL DADDY/DAUGHTER DANCE

(Ages 4 – 12)

Attention Dads! Join us for our 2nd Annual Valentine's Dance for fathers, stepdads, grandpas, and uncles (sorry, no moms!) to treat their little sweethearts to an evening of dress-up, fun, and dancing. Girls must be between the ages of 5 and 12.

Refreshments will be served. A magical evening for dads and daughters alike. Early registration deadline is February 1st. All registrations received after February 1 will be \$15 per couple and \$8 for each additional daughter with same father.

Friday, February 3

6:30 – 8:30 pm

Dorothy Hart Community Center

\$12 Daddy/ Daughter couple (\$6 each additional)



ICE-BREAKER BASS TOURNAMENTS

Sunday, February 26th & Saturday, March 11th

8:00am until Weigh-In @ 3:00pm

\$35 entry fee per team

The Weekend Bassers Fishing Club will hold two winter open Ice-Breaker Fishing Tournaments at Motts Run Reservoir! Proceeds will benefit the Kids' Fishing Derby June 3rd. Boat rental available. Bring own fishing gear.

PARK OPEN TO PUBLIC both days!!

For more info call: Ray Thomas (898-7542)
or Dickie Musselman (785-8087)

ANNUAL DOG EASTER EGG HUNT

Bringing your dog(s) and come experience our 5th Annual Dog Easter Hunt. Your registration of \$5.00 dollars allows up to two dogs to join in the fun! Dogs must be at least 12 weeks old.

A small dog area will also be available for dogs under 15 lbs. Half of all registration will be given to the Fredericksburg SPCA. Want to meet pets available for adoption? We will have some onsite!

All dog parents are required to sign release acknowledging their dog(s) is current on shots and healthy enough to participate. Pre-registration is requested! On-site registration will be available if space permits.

Saturday, April 8 – 1:00pm until done!

Memorial Park (Old Kenmore Park)



Earth Day

On The Rappahannock

Old Mill Park

www.earthdayfred.com

Saturday, April 22 • 11am-4pm

(rain date, April 29)

Enjoy dozens of environmental exhibitors, live music, great food, birds of prey, hands-on activities, and so much more along the beautiful Rappahannock River! Hike the Heritage Trail to the park with a friend or family member, and learn what you can do to reduce your impact on the planet while having great, FREE, fun. Bring your own water bottle for re-fills! To get involved, visit: www.earthdayfred.com or contact: Linda Bailey, 372-1086 x 213.

KIDS' FISHING DERBY



at Motts Run Reservoir

Saturday, June 3, 2017

7:30-10am Registration on site

8:30-11am Tournament

11am-12:15pm Weigh-In & Awards

FREE! Ages 4-16 years

Fishing, boat rental, games, prizes, vendors, hiking, picnicking...fun for the entire family!

(VA Game Dept. 'Free Fishing Weekend'— no license required!)

VOLUNTEERS & SPONSORS NEEDED!

For information, call Linda Bailey at 372-1086 x213

Sponsored by Fredericksburg Parks & Recreation
and the Weekend Bassers



**FARM Fresh Produce, Meats,
Baked Goods, Cheeses, Honey and more
all local, all fresh!**

HURKAMP PARK - Opens April 22nd
Prince Edward & George Streets
7:00am – 2:00pm, Monday through Saturday

MAYFIELD - Opens May 4th
Corner of Tyler and Dixon Street,
3:30pm-6:30pm, Thursdays
May through October

(540) 372-1086
marketmanager@fredericksburgva.gov
www.THEFARMERSMARKET.CO



Congrats to our 2016 Champions Maddie Johnson, Caroline Fairbanks and Jackson Pelt!

21ST ANNUAL RAPPAHANNOCK REGIONAL SOAPBOX DERBY

Sponsored by Fredericksburg Parent & COX Communications

This community jewel is celebrating 21 years of children 8yrs-20yrs racing down William Street Hill at top speeds to become the next champion in their division.

Soap Box Derby Clinic dates:

Sunday, April 9

Sunday, May 7

Sunday, May 21

Race Day: June 17, 2017

William St. hill, beginning at 8am
Registration forms will be available online in February.
Download form and get sponsorship information at <http://fredericksburgsoapbox.com> SPONSORS NEEDED!

For Questions or to Sponsor, call
540-372-1086 ext. 215 or
spwise@fredericksburgva.gov



Kids' Market at the Farmers Market

June 3, 2017 • 9am-1pm • Ages 8-15

Applications available at www.thefarmersmarket.co/blog
Look for 2017 Kids' Market • Applications due May 20, 2017



fredericksburg parent & family

PARENTING
MEDIA ASSOCIATION

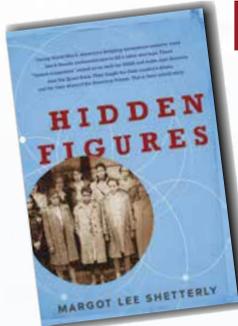
**2013 Silver
Award Winner**

General Excellence

14 years as THE Local Parenting Resource Magazine
National Award Winning
Voted Area's Best Event Calendar

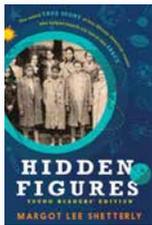
www.FredParent.net





Margot Lee Shetterly

Hidden Figures: The American Dream and the Untold Story of the Black Women Mathematicians Who Helped Win the Space Race



Special Edition for Young Readers!

Meet the Author



Saturday, March 4, 3:00 Headquarters Library
1201 Caroline Street, Fredericksburg



RAPPAHANNOCK READS

librarypoint.org/rappahannockreads

Rappahannock Reads is our invitation to everyone in the community to read the same book and engage in library events reflecting on the book's themes. Borrow your copy of *Hidden Figures* by placing a hold at librarypoint.org or calling your local branch. Read it this winter, then come meet the author!

22nd Annual
TEEN ART SHOW

Entries accepted February 21-23 at the 2nd Floor Youth Services Desk Headquarters Library

EXHIBIT DATES: March 4-29





Our Stories Post WWII through the Civil Rights Era

Thursday, February 23, 7:00 • Headquarters Library

Community members from our area will share their experiences that parallel those profiled in *Hidden Figures*.

For information on CRRL classes, events, and services, visit librarypoint.org or pick up @ Your Library at any branch or from one of many community locations.

librarypoint.org
facebook.com/crrlnews
twitter.com/crrlnews

Headquarters Library 540/372-1144
England Run Branch 540/899-1703
Salem Church 540/785-9267

Porter Branch 540/659-4909
Snow Branch 540/507-7565
Cooper Branch 804/224-0921
Montross Branch 804/493-8194
Newton Branch 804/472-3820

HOW CAN YOU GET INVOLVED?

JOIN THE FREDERICKSBURG PARKS & RECREATION TEAM!

-  **1. Volunteer** - We are always looking for coaches, special event help and trail volunteers. Call 372-1086 or email fredprpf@fredericksurgva.gov.
-  **2. Teach** - Do you have a special talent you would like to share with others? Call our office 372-1086 or email fredprpf@fredericksurgva.gov and find out how you can lead a program for us!
-  **3. Seasonal Help** - During the warmer months the department hires additional staff on a part-time temporary basis to assist with grass cutting, landscape maintenance, event support, camp instructors, lifeguards and other facility workers at the Doris E. Buffett Pool on Dixon Street.

If you are a college student, school teacher or an adult who likes working with people, and might be interested in a seasonal position contact our office today.

SUMMER JOB OPENINGS

Aquatics and Doris E Buffett Pool Facility Positions

Doris E. Buffet Pool (formally Dixon Pool) Summer Jobs-Facility Opens Memorial Day weekend and closes on Labor Day. Applicants must be a minimum of 16 years of age. Applications are available at the City of Fredericksburg website and must be received in the Human Resource Department by March 31, 2017 to be considered for employment. ALL selected applicants are required to attend three day training from May 24-26 2017.

Now is the time to get your
[Lifeguarding Certification!](#)

Lifeguard - \$9.33 - \$11.33/per hr – Must have current lifeguard certification at time of Interview.

Pool Operator/ Head Lifeguard - \$11.33-\$12.33 per/hr - Must have current pool operator license & at least 3 years lifeguard exp.

Gate Worker - \$8.13 – \$9.25 per/hr – Must be a minimum of 16 years of age with some computer experience or training.

Gate Manager – \$9.25 - \$10.25 – Must be a minimum of 18 years of age and have three years computer experience or training.

Water Safety Instructor - \$12.09-14.11/ per hr – Must be a certified WSI. Lessons available during the summer months.

Basic Swim Instructor – \$10.33 - \$11.33 per/hr – Must have certification.

Camp Instructors and Aides Summer Fun Festival – July 10 – July 21 Instructor (minimum age 18) \$500 for the two weeks*

*Certified teachers will receive an additional \$40 for the two weeks. Camp Aides (minimum age 16) \$250 for the two weeks

Camp is for ages 3 years-old up to 5th grade at Hugh Mercer Elementary School. Instructors are responsible for developing and implementing lesson plans for the students. Aides will assist Instructors as needed.

Camp Instructors and Aides Up with the Arts – June 19 – June 30 Instructor (minimum age 18) \$500 for the two weeks. Camp Aides (minimum age 16) \$250 for the two weeks

Parks & Trails



Alum Spring Park	
Canal Path	
City Dock	
Cobblestone Park	
Cossey Botanical Garden	
Dixon Park	
Dorothy Hart Community Center	
Fredericksburg Dog Park	
Hurkamp Park	
Maury Playground	
Memorial/Kenmore Park	
Motts Run Nature Center/Reservoir	
Powhatan Park	
Old Mill Park	
Old Walker-Grant School	
Rappahannock River Heritage Trail	
Riverfront Park	
Virginia Central Railway Trail	
W. L. Harris Playground	

- Basketball Courts
- BBQ Grill
- Benches/ Seating Area
- Boat Launch
- Covered Shelter

- Fishing
- Horseshoe Pits
- Parking
- Picnic Area
- Playground Equipment

- Restrooms / Porta Johns
- Swimming
- Tennis Courts
- Trails

Parks & Trails

PARKS INFORMATION ONLINE:
WWW.FREDERICKSBURGV.A.GOV/PARKSMAP



Alum Spring Park

Located at the end of Greenbrier Drive. Discover this hidden treasure within our city limits! This wooded park is equipped with a renovated picnic shelter, picnic tables, restrooms, grills, play equipment, and walking paths. Alum Spring Park hours vary by season. Summer Hours: April 1 - October 31 7 am-7 pm Daily. Winter Hours: Nov 1 – March 30 10 am - 5 pm Daily. For more information on renting the shelter, call the Parks & Recreation office, 372-1086 x 0.

Canal Path

This pathway is 1.8 miles long and winds along the canal from Fall Hill Avenue to Princess Anne Street. Great for walkers and bike riders of all ages. Open all day, year-around.

City Dock

Located at 207 Sophia Street, near the end of the street. This historic dock dates back to George Washington's day. Public fishing permitted.

Cobblestone Park

Located at the intersection of Willis Street and Cobblestone Blvd., this ten acre, wooded park features a one mile looped trail and views of Hazel Run. The park is open year round from 6 am to 10 pm daily.

Cossey Botanical Park

(Located at Littlepage St & Grove Ave) The Cossey Botanical Park is a neighborhood park that features winding trails, a small fishing pond, open space, a community garden and botanical garden used for educational sessions sponsored by the Virginia Cooperative Extension service. Open 6am – 10pm, year-around.

Dixon Park

Located at 1300 Dixon Street (near Rt. 2 & 17 across from Mayfield subdivision). This outdoor facility is 46 acres and features athletic fields, outdoor swimming pool, playground equipment, 1.5 miles of trails, restrooms, and nature preserve areas. Dixon Park is located on Rt. 2 & 17 across from Mayfield subdivision. Open Summer Hours: April 1 - October 31 10 am-8 pm Daily. Winter Hours: Nov 1 – March 30 10 am - 5 pm Daily.



Doris E. Buffett Swimming Pool

Located at 1300 Dixon Street (near Rt. 2 & 17 across from Mayfield subdivision). This outdoor facility is 46 acres and features athletic fields, playground equipment, 1.5 miles of trails, restrooms, and nature preserve areas. The Outdoor Swimming Pool has a great slide, fun water features for the little ones and a zero-depth entry area for easy access. Open Memorial Day to Labor Day.

Dorothy Hart Community Center

(Located at 408 Canal St.) The community center is home to many of our classes and programs offered as well as the administrative offices. This facility features three meeting rooms and auditorium. FRED bus also stops at the corner of Canal St & Charles St for easy access.

Fredericksburg Dog Park

Located at 1601 Kenmore Avenue (near Mary Ball St.). This fenced in area available to City residents and their dogs only, is self monitored by its users. City residents who wish to use this facility need to have City dog tags for their pets, which are available at City Hall. Summer Hours: April 1 - October 31 6 am-8 pm Daily. Winter Hours: Nov 1 – March 30 7 am - 5 pm Daily.

Hurkamp Park

Located at 500 William Street at the corner of William St & Prince Edward St. or George St. & Prince Edward St. A historic downtown park with a fountain, brick sidewalks, benches and plenty of space for a picnic. Also home to our Fredericksburg Farmers Market that is open year-around. For more information on reserving Hurkamp Park for your event, call the Parks & Recreation office, 372-1086 x 0.

Maury Playground

Located at the intersection of William St. and Kenmore Ave. This open play area features a basketball court lit from dusk - 10 pm, year around and playground equipment. The park is open 6am - 10pm Daily.

Memorial Park

Located at 1301 Kenmore Avenue, at the corner of Kenmore Ave. and Mary Ball St. This park is equipped with 6 tennis courts that are lit from dusk - 10 pm, year around. The park also features a tennis practice wall, basketball court, open play area, children's play equipment, and a toddler play area. Park hours: 6am - 10:30pm Daily.

Motts Run Nature Center

Located at 6600 River Road. Manned by volunteers, the log cabin is open Noon - 5pm Saturdays and Sundays, April through October. Nature programs held in the center are available at other times during the year. For more information or to volunteer, call 372-1086, ext. 213. Park open April 1 - October 31, 7am - 7pm Thurs - Mon. Closed November 1 - March 30.



Motts Run Reservoir Recreation Area

Located at 6600 River Rd. This 860-acre natural area including the 160-acre reservoir, is a haven for fishing, boating, canoeing, hiking, and picnicking. The park has jon boats and canoes available for rental, picnic grills and tables, and over 4 miles of hiking trails. You may bring your own boat (ELECTRIC MOTORS ONLY) to launch on the lake, or fish from the banks. Handicap fishing pier available. Fee charged for fishing and boat launching area. Valid fishing license required. Bait available for purchase. No swimming, horseback riding, or all-terrain vehicles permitted. New mountain bike trails open. Summer Hours: April 1 - October 31 7am - 7pm Thurs - Mon. (weather & water conditions permitting). Winter Hours: Nov 1 – March 30 Closed.

Powhatan Park

Located at 1521 Powhatan Street, at the intersection of Cowan Blvd and Powhatan St. A little less than an acre, this park has a playground, benches and open space.

Old Mill Park

Located at 2410 Caroline St. Our most popular park, Old Mill features soccer fields, picnic shelters, a playground, restrooms and river front views. Summer Hours: April 1 - October 31 8am-8pm Daily. Winter Hours: Nov 1 – March 30 10am-5pm Daily. Old Mill is a perfect rental location for your next event! To reserve the park contact the Parks & Recreation office, 372-1086 x 0.

Old Walker-Grant School

Located at 200 Gunnery Road. The facility has open playing fields, basketball court lit from dusk - 10 pm year around & a children's play area.

Rappahannock River Heritage Trail

The Heritage Trail is a 1.6 mile asphalt stretch that connects the two parts of the Canal Path making a 3.4 mile loop, just about right for a 5K race. The trail, which is 10 feet wide, begins near the intersection of Princess Anne and Ford streets at one end of the Rappahannock Canal. Beautiful views of the Rappahannock River, Old Mill Park and several historic mills are seen throughout the trail. The river overlook along Riverside Drive should not be missed. Open all day, year round.

Riverfront Park

Located at 713 Sophia Street on the beautiful Rappahannock River, in the 500-700 blocks of Sophia St. The park is available for events and festivals. Renovations are ongoing. For rental information, please contact the Parks & Recreation office at (540) 372-1086 x 0.

Virginia Central Railway Trail

This 2.7 mile trail for pedestrians, bicyclists and runners extends from the eastern end of the Cobblestone development off Lafayette Boulevard out Lafayette Boulevard, across the Blue & Gray Parkway, then down Alum Spring Road and behind Alum Spring Park to the Route 1 Bypass. Scenic views of Hazel Run and the historic Virginia Central Railway trail bed are visible throughout the trail. Open all day, year round.

W. L. Harris Playground

Located in the community of Mayfield, this park has a covered shelter, playground equipment, and a lighted basketball court.

SPECIAL CLASS LOCATIONS

Maury Commons

900 Barton Street, Fredericksburg, VA 22401

Fredericksburg Police Department

2200 Cowan Blvd., Fredericksburg, VA 22401

When Pigs Fly Studio

310 Central Rd., Suite 22, Fredericksburg, VA 22401

White Buffalo Horse Farm

4325 Muster Field Rd., Culpeper, VA 22701



HOW TO REGISTER

ONLINE

Most programs are available for online enrollment. Classes with special enrollment or fee requirements not available.

Visit www.FredParksRec.com > Online Registration



REGISTRATION BASICS

- No phone registration accepted.
- Fees must be paid in full at registration.
- \$50 fee for returned checks.
- Parks and Recreation reserves the right to cancel programs for insufficient enrollment.
- Visa, Mastercard, Discover, American Express cards accepted.
- Debit cards must carry the Visa logo to be accepted.
- All programs have a minimum and maximum enrollment.

REFUND POLICY

- ALLOW THIRTY DAYS FOR PROCESSING.
- All cancellations and refund requests for activities must be made through our office either by phone, fax, mail or in person.
- It is the participant's responsibility to verify receipt of refund requests.
- If the department cancels a program or trip, the money will be refunded.
- Classes: Students must cancel 24 hours before the 1st class to be eligible for refund. No refunds will be given after the first class.
- Trips: Registrants who cancel on or before the posted cancellation date shall receive a full refund. After that date, money will be refunded ONLY if the slot is filled by another participant.
- Sports: No refunds will be made after the 1st game.
- Changes to these policies will be posted online and at the Community Center.

MAIL

For mail in registrations, please complete and sign the registration form included in this brochure. Credit card or check payments only. Mail in registrations are handled as they come in, and will NOT be mailed a receipt. Mail registration form and payment to:

Fredericksburg Parks and Recreation
408 Canal St.
Fredericksburg, VA 22401

FAX

Fax completed registration form to 540-372-3475. Credit card or account payments only. Registration cannot be processed without payment information and signature.

IN PERSON

Registrations are taken in person at the Dorothy Hart Community Center at 408 Canal St. Cash, check or credit card payments accepted.

Monday - Thursday 9:00am to 8:00pm
Friday 9:00am to 4:00pm

WAITING LIST

A wait list will be created when a program has reached its maximum participant capacity. All in-person and mail-in registrants will be put on the waiting list unless otherwise requested. If a space becomes available and a person's waiting list status changes, you will be contacted by the department. Waiting lists do not roll over from previous, different sessions.

Please plan to register for activities/programs as early as possible. Many activities fill up very quickly.

Sign up for our monthly newsletter, NewsFlash and Fred Alerts to keep informed of what's happening with Parks and Recreation! Call 372-1086 or email fredprpf@fredericksburgva.gov to request details today.

PLEASE PRINT, FILL OUT COMPLETELY, SIGN AND MAIL OR FAX IT TO:

Fredericksburg Parks and Recreation 408 Canal St., Fredericksburg, VA 22401
Fax: (540) 372-3475

HOUSEHOLD INFORMATION:

Adult's First Name _____ Adult's Last Name _____

Address _____

City / State _____ Zip _____

Home Phone _____ Work Phone / Cell Phone _____

E-mail _____

REGISTRATION INFORMATION:

Participants Name	M/F	DOB	Activity Name	Date/Time	Fee

PAYMENT INFORMATION:

Please check one of the following: Check (make payable to "City of Fredericksburg") Cash (walk-in only)
 Credit Card (Visa, M/C, Discover, Amex, Diner's Club, Carte Blanche, JCB)

Credit Card Number: _____

Exp. Date: Mo. _____ Yr. _____ Signature: _____

Liability Release:

I understand the nature and scope of the activity listed above. I understand that there are risks and dangers associated with the activity. I understand that it is not the function of the City of Fredericksburg, its employees, agents, operators, or instructors to guarantee the safety of participants with respect to this activity. I also understand that each participant has the responsibility to exercise with due care in the performance of the activity for the safety of him/herself and the other participants.

In consideration of my/the participant's being permitted to enroll in this activity, I hereby release, indemnify and hold harmless the City of Fredericksburg, its employees, agents, operators, and instructors from any and all claims, demands, costs, charges, and expenses for harm, injury, damage or loss which may be sustained by me/the participant as a result of or relating to participation in this activity.

Photo Permission by Parent, Legal Guardian or Legal Custodian: I give the City of Fredericksburg, its officials and employees, permission to photograph or videotape the above named participant, who is a juvenile, during his or her participation in the Recreation Program. I understand and agree that the participant's picture and any materials he or she has produced during the program may be placed on the City's website or within other materials publicizing the City's Recreation Programs. I also give permission for the participant, his or her picture, to appear in the newspaper, social media, or on television as a participant in the Recreation Program.

In witness whereof, I have executed this Liability Release and Photo Permission as my own free act on the _____ day of _____, 2017

Participant Parent, Legal Guardian, or Legal Custodian,

if participant is under 18 years of age Signature: _____

Sign me up for Parks and Rec's monthly e-newsletter! email

Send me the next catalog of activities (like this one): mail email digital version

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CALL: (540) 372-1086

FREDERICKSBURG PARKS AND RECREATION

Email: fredprpf@fredericksburgva.gov

WWW.FREDPARKSREC.COM

Dorothy Hart Community Center

408 Canal Street

Fredericksburg, VA 22401