



# RECREATION

# *Exploration*

# GUIDE

**SPRING 2026**

COMMUNITY EGG HUNT

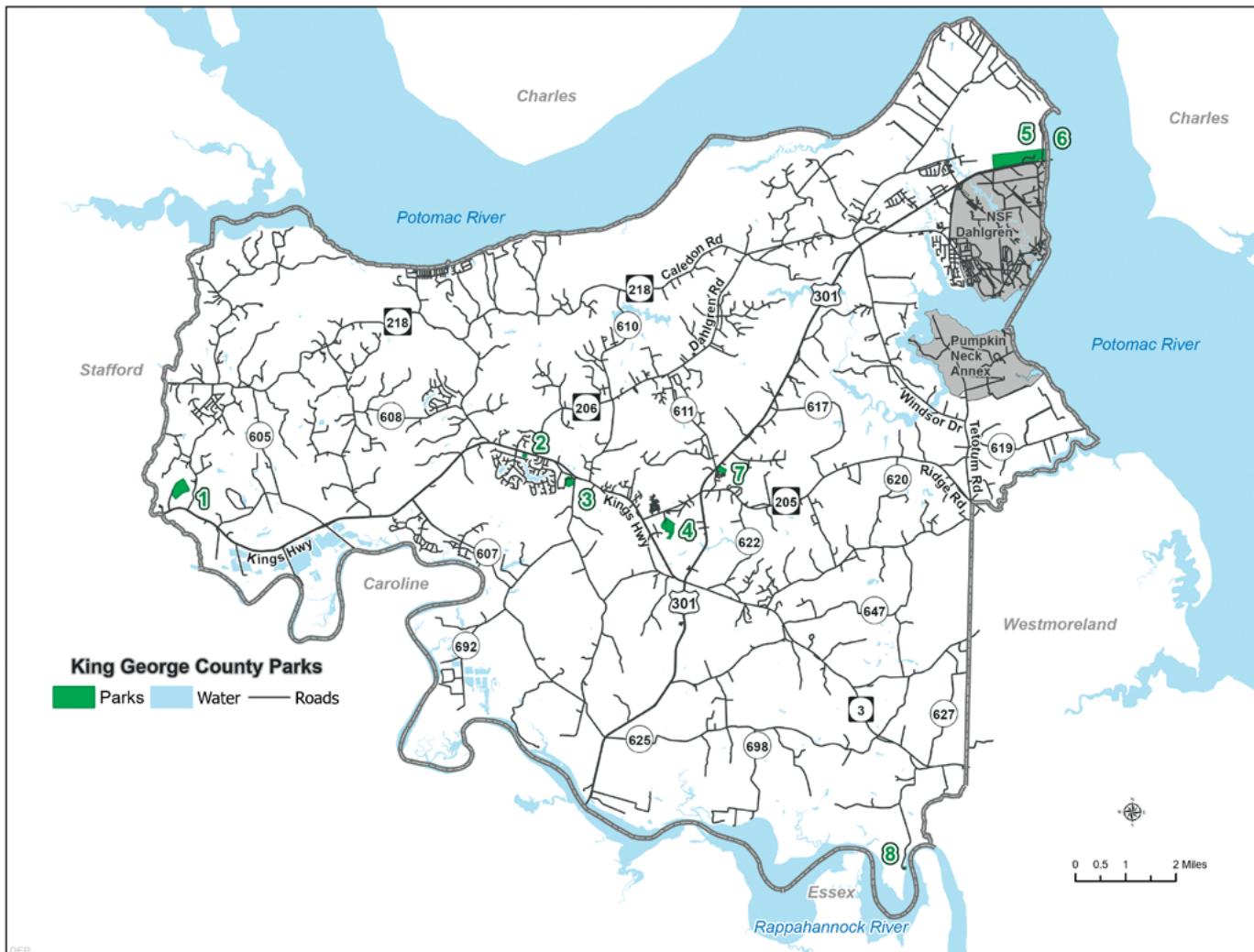
TEEN JOB & INTERNSHIP FAIR

SPRING SOCCER

KGSA BASKETBALL CLINICS

**KGPR**

KING GEORGE PARKS & RECREATION



## PARKS & FACILITIES

King George Parks & Recreation  
manages over 400 acres of  
parkland throughout the county.  
Each of our parks has different  
amenities.

Please review the chart to find the amenities at each park.

If you are interested in renting a picnic shelter or field, please contact us at (540)775-4386.



## Barnesfield Park Disc Golf Course

# SPRING 2026

## KING GEORGE PARKS & RECREATION PROGRAM INFORMATION

The programs that are listed in this Program Guide are the programs that we had planned by the published due date. Please check our website listed below or scan the QR code for a complete list of current programs.

Due to facility limitations, programs may be subject to changes in times and/or locations. Please verify with the Department upon registering. In the event of a program change, postponement, or cancellation, information will be sent out through **KG Alert**. We recommend that you sign up for this free service at [kgalert.com](http://kgalert.com).

Please register for classes in advance. Waiting until the last minute may cause a class to cancel. Classes may be canceled due to insufficient enrollment. Unless otherwise noted or notified by an instructor/program supervisor, classes/programs may be held on holidays.

**LATE REGISTRATION FEES** - A \$10 late fee will be imposed on any program registrations received after the deadline. Any late registrations for leagues that are received after the rosters are set will be assessed at \$20 plus any additional cost associated with ordering needed equipment or supplies.

**RETURNED CHECKS** - Checks returned for insufficient funds will be assessed a \$50 fee by the King George County Treasurer's Office. Customers who submit a check with insufficient funds will no longer be able to pay by check.

**REFUNDS** - Full refunds are issued in the event a program cancels; or if the Department is notified prior to the program starting and where no costs are incurred. Where costs were incurred for deposits, apparel, equipment, or any other program- related expenses; those costs will be deducted from the refund. No cash refunds will be given. Refunds generally take two to four weeks to receive due to the accounts payable cycle. Refunds are not issued after programs begin or for unattended classes. Unusual circumstances will be handled on a case-by-case basis and may be subject to being credited for unused funds.

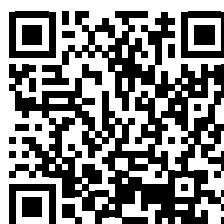
**CANCELLATIONS AND REFUNDS** - Every once in a while we think we have a great program idea or an instructor has proposed a great program, but the enrollment is insufficient. If a program is canceled in its' entirety, notifications will come by KG Alert and refunds will be issued.

**INCLEMENT WEATHER POLICY** - Programs held at any King George County School will be canceled if KGCS closes with a Code 1. In the event of a Code 2 or 3 closure, Parks & Recreation may still hold programs. Announcements about program cancellations will be sent through KG Alerts.

### DIGITAL ISSUE

A mobile-friendly edition is available at

[kinggeorgecountyva.gov/  
ProgramGuide](http://kinggeorgecountyva.gov/ProgramGuide)



## KING GEORGE PARKS & RECREATION

**8076 Kings Highway (P.O. Box 71)**

**King George, VA 22485**

**(540) 775-4FUN**

[kinggeorgecountyva.gov/1151/Parks-Recreation](http://kinggeorgecountyva.gov/1151/Parks-Recreation)

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## FACEBOOK & INSTAGRAM

King George Parks & Recreation is updated daily on Facebook and Instagram!

Find information on special events, exercise classes, before & afterschool programs, regional and overnight trips, senior programs, and much more!

[www.facebook.com/kgpr4386](http://www.facebook.com/kgpr4386)  
[www.instagram.com/kgparksandrecreation/](http://www.instagram.com/kgparksandrecreation/)



## KGPR STAFF

### Administration

**Chris Clarke**, Director

**Michelle Meier**, Marketing Associate

**Bertha White**, Recreation Monitor

### Athletics

**Devin LaMoy**, Athletics Supervisor

**Samare Daniels**, Athletics Coordinator

**Heather Lee**, Gymnastics Coordinator

**Loranzo Evans**, Basketball Coordinator

**Hope White**, Basketball Coordinator

### Programs

**Vivian Shelton**, Supervisor

**Shana Jett**, Recreation Coordinator

**Nyasia Turner**, Office Assistant

### Parks Division

**Brian Brown**, Parks Supervisor

**Bruce Muzzy**, Parks Worker

**Brandon Shelton**, Parks Worker



Looking for the right place to have your child's next birthday party? Need a location for a youth group's end-of-season activity?

The Gymnastics Center is available for party rentals.

Parties start at \$55/hour.

Whether it's open play, gymnastics fun, or an action-packed Nerf battle, our biggest reviewers — the kids themselves — give these activities a huge thumbs-up!

Contact KGPR for availability at (540)775-4386.



## FACILITY RENTALS

Need to use a sports field, picnic shelter, gym, or other park space?

Contact KGPR to reserve your time and location. Facility rentals (other than sports fields) are on a first-come/first-served basis and must be made at least two weeks in advance. Rental fees must be submitted at the time of application unless approved by the Athletics & Parks Supervisor.

You can download the application forms at:

<https://www.kinggeorgecountyva.gov/444/Forms-Documents>

### ATHLETIC FIELDS

**Youth \$30 and up/ 2 hours**

**\$5/Hour Lights Fee**

**\$150/Field per day**

**\$50/Hour (\$100 min.)**

**Additional Field Preparation**

**\$35/Hour Supervision**

**\$10/Hour Tennis Court**



### CITIZENS CENTER

**\$60/Hour for Half Hall**

**\$90/Hour for Whole Hall**

**\$100 Non-Alcohol Security Deposit**

**\$200 Alcohol Event Deposit**

**\$60/Hour Parking Lot Only**

**\$30/Hour Conference Room**



### PICNIC SHELTERS

**Barnesfield Park**

**Cedell Brooks, Jr. Park**

**Sealston Sports Complex**

**\$12/Hour per shelter**

**\$18/Hour per shelter for non-residents**



### SCHOOL GYMS

**\$50/Hour Elementary Gym**

**\$50/Hour King George Middle School (KGMS) Auxiliary Gym**

**\$60/Hour KGMS Main Gym**

**\$55/Hour Quonset Hut/ King George Gymnastics Center**



# OPEN PLAY SPORTS FACILITIES

## DISC GOLF

The 18-hole Barnesfield Disc Golf Course includes red (beginner) and white (intermediate) tees that have been laid out to try and change the shot shape. The rules of Disc Golf are simple: All you do is throw a disc or frisbee from a designated point to the target basket. The person who throws the disc into the basket in the fewest tries is the winner. It's a perfect game for the entire family that is easy to learn, a healthy outdoor activity, and great for a variety of ages and fitness levels.

 Located at 3360 Barnesfield Road in King George



## PICKLEBALL

Pickleball has grown by an average of 158% over the past 3 years to over 36.5 million players in the United States.

KGPR has added 6 outdoor courts at the King George Tennis Center. The courts are available daily from 8:00 AM to dusk unless reserved by KGPR or a school program.

Join King George Pickleball on the **Team Reach** app to connect with other players.

**The courts are not available during school hours.**

 Located at 8246 Dahlgren Road  
Next to King George Middle School (KGMS)

## TENNIS

The King George Tennis Center is open for play!

Six pickleball courts are also overlaid with shadow lines on the north battery of courts. The courts are open to the public, as well as serving as the home courts for King George High School tennis teams.

**The courts are not available during school hours.**

Please contact us with any questions at (540)775-4386.

 Located at 8246 Dahlgren Road  
Next to King George Middle School (KGMS)



## SPECIAL EVENTS

### KING GEORGE COUNTY TEEN JOB & INTERNSHIP FAIR



**Saturday, February 21<sup>st</sup>**

**10 AM - 2 PM**

#### **King George Middle School Cafeteria**

Are you a local business looking to connect with reliable and energetic employees? Or are you a King George High School student searching for a part-time or summer job?

Join us for King George County's Teen Job & Internship Fair, where local employers and motivated students come together in one convenient location. Whether you're hiring or job hunting, this event is your chance to connect, network, and get started—all in one place.

<https://www.kinggeorgecountyyva.gov/2612/Work-Based-Learning-Programs>



Registration for  
Local Businesses  
and KGHS Students

### *Tot Time* FIELD TRIPS

#### **PRINCE & PRINCESS TEA PARTY**

**Friday, March 20<sup>th</sup>**

**10:30 AM - 12:00 PM**

**Caledon State Park**

**\$10 per child**

**6 months - 6 years**

#### **MUSIC & MOVEMENT DAY**

**Friday, April 10<sup>th</sup>**

**10:30 AM - 12:00 PM**

**Barnesfield Park**

**\$8 per child**

**6 months - 6 years**



Scan to Register

### **LANDING YOUR FIRST JOB: Skills For Success**

*Workshops*

**Dates & Times**

**To Be Announced**

**Citizens Center**

Get ready for the King George County Teen Job & Internship Fair and beyond! These FREE workshops will help you build the skills you need to stand out to employers and succeed in your job search. Highly recommended for students who have NOT taken Economics and Personal Finance at KGHS.

#### **Workshop Topics Include:**

- Creating a strong resume and cover letter
- Interview skills and what employers look for
- Professional communication and workplace etiquette
- How to apply for jobs online and in person
- Dressing for success and making a good first impression

Two sessions will be offered before the Job Fair.

Presented by KGPR, KGHS, and Rappahannock Goodwill

### *Community* **EGG HUNT**

**Saturday, March 28<sup>th</sup>**

**8 AM - 10 AM**

#### **King George County Parks**

Find the GOLDEN EGG! Have fun looking for 35 giant eggs, 2 silver eggs, and one golden egg. You'll also be seeking smaller eggs, bunnies, and more! These eggs will be hidden throughout the King George Community.

**Pre-registration is required to participate for this  
FREE event!**

Call KGPR at (540)775-4386 before Thursday, March 26<sup>th</sup>. Must come in Friday, March 27<sup>th</sup> for details and your ticket.

**Golden Egg Grand Prize: \$100**

**Two Silver Egg Second Prizes: Value \$50**

**Donated by Topside Federal Credit Union**

Over \$1000 in prizes donated from local vendors and sponsors.  
Prize Certificates value from \$5 - \$50.

**RAIN OR SHINE!**

## ONGOING EVENTS

### FREDERICKSBURG REGIONAL FOOD BANK

Third Tuesday of the Month

11:00 AM - 12:00 PM

King George Citizen Center Parking Lot

The Fredericksburg Regional Food Bank helps to provide nutritious food to over 35,000 people through our network of 159 community partners operating more than 250 food assistance programs.

For more information about the Fredericksburg Regional Food Bank, visit: <https://fredfood.org> or call (540)371-7666.



### NERF Wars

Fridays | Jan. 23<sup>rd</sup>, Feb. 20<sup>th</sup>, March 20<sup>th</sup>

Ages 5-8 years old | 5:00 PM - 6:30 PM

Ages 9-Young at Heart | 7:00 PM - 8:30 PM

King George Gymnastics Center

Come out and battle with your friends!

We will provide darts and eyewear, you bring your own gun marked with your name!

\$10 per person includes a slice of pizza and a drink

Register at

<https://secure.recl.com/VA/king-george-va/catalog>



Scan to Register

## EVENTS CALENDAR

### AARP MONTHLY MEETINGS

Mondays | Jan. 5<sup>th</sup>, Feb. 2<sup>nd</sup>, March 2<sup>nd</sup>

### FREDERICKSBURG REGIONAL FOOD BANK MOBILE PANTRY

Tuesdays | Jan. 20<sup>th</sup>, Feb. 17<sup>th</sup>, March 17<sup>th</sup>

### NERF WARS

Fridays | Jan. 23<sup>rd</sup>, Feb. 20<sup>th</sup>, March 20<sup>th</sup>

### TEEN JOB & INTERNSHIP FAIR

Saturday, February 21<sup>st</sup>

### TOT TIME FIELD TRIPS

Fridays | March 20<sup>th</sup>, April 10<sup>th</sup>

### COMMUNITY EGG HUNT

Saturday, March 28<sup>th</sup>

### FLEA MARKET

Saturday, April 4<sup>th</sup>



Saturday, April 4<sup>th</sup>

7:00 AM to 12:00 PM

King George Citizens Center Parking Lot

Looking for an opportunity to clean out your closet, basement, or garage and make your goods someone else's treasures? Join KGPR for our 2026 Flea Markets at the King George Citizens Center!

To reserve your space or for any questions, please call us at (540)775-4386. Please keep in mind that these dates are tentative. All cancellations will be announced through KGAlert, please make sure that you're signed up with

[www.kgalert.com](http://www.kgalert.com)

Entry Price | FREE!

Vendor Prices

\$10 per table | \$25 for 3 tables | \$35 for 4 tables

# BEFORE & AFTER SCHOOL CARE

# PLAY IT SMART

King George County Parks & Recreation and the King George County Schools have teamed up to offer before and after school programs for grades K-5. Supervised activities will include games, sports, crafts, fitness, and homework assistance. This program is meant to instill character, education, fitness, and nutrition. A half-hour is designated every day for homework and reading time.

**Please be sure to pick up your child(ren) by 6:00 PM. An additional fee will apply for late pick-up.**

**PROGRAM NOTES:** On half days and holidays, the program is CLOSED. King George Parks and Recreation has the right to cancel outside activities in the event of inclement weather conditions, heat advisories, or safety concerns.

## Monday - Friday

Before Care: 6:30 AM - 8:30 AM

After Care: 3:30 PM - 6:00 PM

All elementary schools

Ages: Grades K - 5

## Weekly Prices:

Before Care: \$60

After Care \$75

Both Before & After Care \$85

**Early registration begins April 20<sup>th</sup>.**

One-time early registration fee is \$15.

Regular registration begins May 4<sup>th</sup> and goes until full.

One-time registration fee is \$25.

**To register, please visit the King George Citizens Center.**

# SUMMER CAMP

# 2026

King George County Parks & Recreation is offering our Summer Camp again this year to children ages 5-15 years old.

This nine-week program has Weekly Themes, offering a variety of activities including Arts & Crafts, Field Trips, Group Games, Ice Cream Truck Fridays, and Team Building Challenges!

May 26<sup>th</sup> - July 24<sup>th</sup>\*

7:30 AM - 5:30 PM

King George Elementary School

\$195 per week

**Early registration begins April 6<sup>th</sup>**

One-time early registration fee is \$20.

Regular registration begins April 28<sup>th</sup> and goes until the camp is full.

One-time registration fee is \$35.

**To register, visit the King George Citizens Center.**

\*No camp on June 19<sup>th</sup>.

# PRESCHOOL PROGRAMS & SPORTS

## TOT TIME

Come bring your tot(s) and enjoy meeting other parents and caregivers in our community all while having fun with your child! Tot Time consists of open play at various centers, story/circle time, a light snack, and a craft! Our goal is for tots, parents, and caregivers to form new relationships with others while exploring through open and guided play.



*No sessions on state holidays.*

**Fridays**

10:30 AM - 12:00 PM

King George Citizens Center

Ages: 0-6 Years old  
Price: \$3 for the first child  
\$1 for each additional child



## PEE WEE SOCCER

Pee-Wee Soccer is an instructional and developmental program that enables children aged 3 - 4 years to have a positive sports experience. It is a step-by-step approach that builds self-confidence, while teaching the fundamentals of the game. Parents participate with their children to help teach them the basic skills needed for the next level of organized play. This program utilizes positive reinforcement and fun activities!

Two sessions available: either Tuesdays OR Thursdays.

**3 - 4 years as of the first day of the session**

**Tuesdays, April 7<sup>th</sup> - May 19<sup>th</sup>**  
**OR Thursdays, April 9<sup>th</sup> - May 21<sup>st</sup>**

6:00 PM - 7:00 PM

Sealston Sports Complex | Multi Purpose Field 1

Registration Deadline: February 8<sup>th</sup>

Price: \$80 (includes shin guards, a ball, cones, a T-shirt, a bag, and a guidebook for the players to keep)

To register, visit <https://secure.recl.com/VA/king-george-va/catalog>



Scan to Register

## YOUTH SPORTS

# SOCCEr

The KGPR youth soccer program is a competitive recreational co-ed league. The program focuses on the fundamentals of dribbling, passing, shooting, defending, and teamwork. Practices are conducted twice-weekly during the pre-season (before games start). Once the games begin, coaches have the option to practice once or twice per week, depending on the availability of the coach and the team as a whole. Uniforms are provided with registration, and they include 2 jerseys, socks, and shorts (save \$30 if you already have the blue/gold jerseys from a previous season). Each team will play between 7 and 10 games. Age divisions U14 and above may play games outside King George County, including Stafford, while all games in the younger age divisions are played in King George.

**Practices begin the week of March 9<sup>th</sup>.**

**SAVE \$15 if you register before January 22<sup>nd</sup>!**

**SAVE \$30 if you already have the blue/gold jerseys from a previous season!**

Register at <https://secure.recl.com/VA/king-george-va/catalog>

Co-Ed Division	Born In	Early Bird Fee Jan. 8 <sup>th</sup> - Jan. 22 <sup>nd</sup>	Regular Registration Fee Jan. 23 <sup>rd</sup> - Feb. 8 <sup>th</sup>
U6 (4 & 5 year olds)	2020 or 2021	\$107	\$122
U8 (6 & 7 year olds)	2018 or 2019	\$127	\$142
U10 (8 & 9 year olds)	2016 or 2017	\$127	\$142
U12 (10 & 11 year olds)	2014 or 2015	\$137	\$152
U14 (12 & 13 year olds)	2012 or 2013	\$137	\$152
U19 (14 - 18 year olds)	2007 - 2011	\$137	\$152

## KING GEORGE SPORTS ACADEMY | KGSA

KG Sports Academy is excited to share its commitment and passion for youth sports! Coach Castillo, who leads the academy, has witnessed many young players excel in one age division and freeze in the next. To combat this, KGSA works to prepare players that are moving from one age division into the next for their respective sport through developmental drills and exposure to in-game scenarios. Each camp specifically helps young athletes to become familiar with the new rules and game play for the next division, build their confidence, and ensure their success moving forward.

## KGSA COMPETITIVE BASKETBALL CLINICS

KGSA is excited to host high-energy competitive basketball clinics designed to build skills, confidence, and a love for the game, all while having fun! The clinics will focus on fundamental basketball skills combined with friendly competition to keep players engaged and motivated. Clinic highlights include skill development (dribbling, shooting, passing, and footwork), competitive drills, mini challenges, and basketball games.

Winners of competitive games will win prizes!

**Monday, February 16<sup>th</sup>**

**KG Elementary School Gymnasium**

**\$40 per player**

**1<sup>st</sup> & 2<sup>nd</sup> Grade | 10 - 11:30 AM**

**3<sup>rd</sup> & 4<sup>th</sup> Grade | 12 - 1:30 PM**



Register at <https://secure.recl.com/VA/king-george-va/catalog>

## YOUTH & ADULT SPORTS

# KARATE

ISSHINRYU Karate is a traditional form of martial art from Okinawa (*the birthplace of Karate*). This program is designed for students who are interested in learning a martial art form that places an emphasis on quality learning to promote successful skill mastery and personal safety. Our program focuses on building strength, balance, coordination, and flexibility through Kata (*forms*), Kobudo (*weapons*), and their Bunkai (*practical applications*). This translates to a no-nonsense form of efficient self-defense techniques that have been proven highly effective. The study of Isshinryu helps build character, self-esteem, self-control, and self-confidence.

**Tuesdays & Thursdays**

**January 6<sup>th</sup> - March 12<sup>th</sup>**

6:00 PM - 7:00 PM | \$82 | Beginner

6:00 PM - 8:00 PM | \$92 | Advanced

Old King George Elementary Cafeteria | 9100 St. Anthony's Way

Registration Deadline | Monday, January 5<sup>th</sup>

Youth | 6-13 years old | Co-Ed

Adult | 14+ years old | Co-Ed



Scan to Register



## SPORTS AFFILIATES

### KING GEORGE LITTLE LEAGUE

King George Little League offers blast ball, t-ball, baseball, and softball for kids ages 4-18 for both a spring and fall session.

Learn more by visiting [www.kglittleleague.org](http://www.kglittleleague.org).



### KING GEORGE YOUTH ATHLETIC ASSOCIATION

King George Youth Athletic Association sponsors both flag and tackle football, as well as cheerleading each year for kids ages 4-18.

Learn program specifics including registration information at [www.kgyaa.org](http://www.kgyaa.org).



## GYMNASICS

Gymnastics teaches many transferable skills for both your child's mental and physical health. Gymnastics builds strength, flexibility, coordination, and balance, increasing self-esteem, building social skills, learning to make positive choices, and respecting others in their lives.

Classes are available for children of all ages from 6 months to 18 years old. The session will run for 8 weeks.

All classes are held at the Quonset Hut/King George Gymnastics Center located at 9100 St. Anthony's Road behind the School Board office. Park in the side lot across the street from St. Anthony's Catholic Church.

Some classes require preauthorization from our coaches. For any questions about which class you should enroll in please contact Coach Heather at (540)419-8265. For other questions, call (540)775-4386.

**Registration Deadline is Thursday, January 8th.**

### PARENT-N-MINI/LITTLE ME

Gymnastics basics are begun as Little Me's follow the coach. A fun warm-up and stretching are included.

#### **Ages: 24 months - 3.5 years**

Price: \$86

Session 1

#### **Day: Tuesdays**

Time: 5:00 PM - 5:50 PM

January 13th - March 3rd

### ACTION GYMS

This fun class uses music and props to learn coordination and body awareness. The children will learn some gymnastics, but this class is more focused on movement to music.

#### **Ages: Walking - 5 years**

Price: \$86

Session 1

#### **Day: Saturdays**

Time: 10:00 AM - 10:50 AM

January 17th - March 7th

### INTERMEDIATE

For those who know and understand the basic skills but have not yet mastered them.

#### **Ages: 5-9 years**

Price: \$86

Session 1

#### **Day: Tuesdays**

Time: 6:10 PM - 7:00 PM

January 13th - March 3rd

### PRE-KINDER

The children will learn to be independent of their parents and follow the coach's instructions. They will learn skills on specialized gymnastics equipment as well as coordination and self-awareness.

#### **Ages: 3.5 - 4 years old**

Session 1

Price: \$86

Session 2

#### **Day: Mondays**

Time: 5:00 PM - 5:50 PM

January 12th - March 2nd

#### **Day: Thursdays**

Time: 5:00 PM - 5:50 PM

January 15th - March 5th

### MIGHTY GYMS

Development from pre-school skills to school-age skills will be emphasized in the advanced class. **Coach approval is required.**

#### **Ages: 3 - 4 years old**

Price: \$86

Session 1

#### **Day: Tuesdays**

Time: 5:00 PM - 5:50 PM

January 13th - March 3rd

### FIRST BEGINNER

Fundamentals and skill development utilizing various specialized equipment. No skill requirement to enroll.

#### **Ages: 5 - 8 years**

Price: \$86

Session 1

#### **Day: Mondays**

Time: 5:00 PM - 5:50 PM

January 12th - March 2nd

Session 2

#### **Day: Thursdays**

Time: 6:10 PM - 7:00 PM

January 15th - March 5th

### RED GYMS

This is an advanced class for those eager to learn more difficult skills. Must have mastered all basic skills. **Coach approval is required.**

#### **Ages: 6 - 17 years (advanced)**

Price: \$86

Session 1

#### **Day: Tuesdays**

Time: 6:10 PM - 7:00 PM

January 13th - March 3rd

### TOP BEGINNER/ADVANCED

Gymnasts in this class have already had some gymnastics experience and want to master their skills. Children should be able to do basic skills with little to no help.

#### **Ages: 9-17 years**

Price: \$86

Session 1

#### **Day: Mondays**

Time: 6:10 PM - 7:00 PM

January 12th - March 2nd

## WHITE GYMS

This is an 80-minute class. Successful completion of Red Gyms or equivalent skills is required. Each gymnast will work on connecting skills together and learning level 3 competition skills based on USA gymnastics guidelines.

**Coach approval is required.**

**Ages: 6 - 17 years**

Price: \$126

Session 1

**Day: Tuesdays**

Time: 7:20 PM - 8:40 PM

January 13th - March 3rd

## BLUE GYMS

This class is designed for energetic boys. There is no skill requirement for this class. We will work on conditioning, flexibility, strength and boy's skills from basic to advanced.

**Ages: Boys 5 - 17 years old**

Price: \$86

Session 1

**Day: Tuesdays**

Time: 7:20 PM - 8:10 PM

January 13th - March 3rd

## STAR GYMS

This 1 hour 50-minute class is for the serious gymnast who wants to push forward in their skills. Each gymnast should have and be able to demonstrate level 3 competition skills based on USA gymnastics guidelines.

**Coach approval is required.**

**Ages: 6 - 17 years**

Price: \$161

Session 1

**Day: Mondays**

Time: 6:10 PM - 8:00 PM

January 12th - March 2nd

## HIGH FLYERS

This is an advanced class for the younger gymnast. Basic skills should be accomplished with little to no help. **Must be asked by coach to register for this class.**

**Ages: 5 - 6 years (advanced)**

Price: \$86

Session 1

**Day: Thursdays**

Time: 6:10 PM - 7:00 PM

January 15th - March 5th



## CHEER

### PEE WEE CHEER

Pee Wee Cheer is an introduction class to cheerleading. Your athlete will learn basic motions, beginner jumps, beginner tumbling, and easy chants to give them the best foundation for the sport.

**Ages: 4 - 5 years**

Price: \$52

**Day: Wednesdays**

Time: 4:30 PM - 5:00 PM

January 14th - March 4th

### CHEER, JUMP, & STUNT

Your athlete will learn the basics of cheer. We will work on proper motions, jumps, using your cheer voice, tumbling, and drills to help build strength for all of these. We will also introduce stunting. We will have a quick evaluation on the first night to assess the level and needs of each athlete.

**Ages: 6 - 18 years**

Price: \$126

**Day: Wednesdays**

Time: 6:10 PM - 7:30 PM

January 14th - March 4th



## TUMBLING

### BEGINNER TUMBLING

This 50-minute class focuses on tumbling skills, strength, and flexibility using the floor and mats. These basic tumbling fundamentals will physically develop coordination, flexibility, balance, and endurance.

**Ages: 5 - 10 years**

Price: \$86

**Day: Wednesdays**

Time: 5:00 PM - 5:50 PM

January 14th - March 4th

### ADVANCED CHEER TUMBLING

Students must be proficient in back handsprings and ready to work back tucks. This class focuses on advanced tumbling skills, strength, and flexibility.

**Ages: 9 - 18 years**

Price: \$86

**Day: Wednesdays**

Time: 5:00 PM - 5:50 PM

January 14th - March 4th



Scan to Register

## EXERCISE CLASSES AT THE CITIZENS CENTER

### LINE Dance

#### EVENINGS

Ready to boot, scoot, and boogie?

**Mondays**

6:30 PM - 8:00 PM

Instructor: Charlie Burrell

Ages: 18+

Price: \$5/class

#### MID-DAY BEGINNERS

Put on your boots and get your mid-day workout!

**Thursdays**

11:30 AM - 12:30 PM

Instructor: Bonnie Taylor

Ages: 18+

Price: \$5/class

### YOGA & Meditation For Beginners

Join us for a transformative love and light yoga and meditation class designed to promote balance and strength throughout your entire body. As we flow through gentle yoga poses, you will discover a sense of inner peace and tranquility, allowing the stresses of daily life to fade away. Whether you are a beginner or an experienced practitioner, this class is an invitation to nurture your body and soul while cultivating a vibrant sense of well-being. Embrace the power of love, light, and mindfulness in this rejuvenating journey towards holistic health. Join us and rediscover your inner strength! Bring Yoga Mats & A Water Bottle!

**Tuesdays**

5:30 PM - 6:30 PM

Instructor: Aubrey of The Foliage Pharm, LLC.

All Ages Welcome  
\$5/class

### TAI CHI

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

**Mondays & Thursdays**

4:00 PM - 5:00 PM

Instructors: Linda Kline and Phyllis Cook

Ages: 16+

Price: \$25/month or \$5/class

### ZUMBA Fitness

Great dynamic core workout. Easy learning environment. Weight loss. Positive self-image. Exercise in disguise.

**Wednesdays**

6:00 PM - 7:00 PM

Instructor: Debbie Moss

Ages: 16+

Price: \$5/class



## SENIOR PROGRAMS AT THE CITIZENS CENTER

### Active Adults (55+) CARDS & GAMES CLUB



Bridge, poker, canasta, euchre, bunco, and more! Come out and join in on the fun. Whether you are an experienced player or just learning, we have a table right for you.

**Tuesdays & Thursdays**

1:00 PM - 4:00 PM

King George Citizens Center

Ages: 55+

FREE!



### FUNCTIONAL Fitness

This six-class session will improve your cardiovascular health and strengthen your bones. Your joints will become more fluid and balance will become noticeably better. Posture muscles from this format will allow lungs to have fuller breath and more. Your general well-being WILL improve! Please bring small weight dumbbells and a mat.

**Thursdays**

January 22<sup>nd</sup> - February 26<sup>th</sup>

10:00 AM - 11:00 AM

Instructor: Certified Fitness Professional,  
Paula Van Alstine

Price: \$35/session

### KING GEORGE AARP® Chapter 3195

AARP Chapter 3195 of King George County holds monthly meetings that include program information, guest speakers, and more all geared toward active adults 50 years of age & up.

**First Monday of each month**

12:00 PM

King George Citizens Center

Ages: Active Adults, 50+



Senior Cafes provide nutritional, social, recreational, and physical activities in addition to transportation, shopping, and events. For more information on eligibility or to schedule a visit to a cafe, please contact HGAAA at (540)371-3375.

**Tuesdays, Wednesdays, & Fridays**

10:00 AM - 2:00 PM

King George Citizens Center

Ages: Seniors



## REGIONAL DAY TRIPS

King George Parks & Recreation is planning day trips to provide the community with a day filled with entertainment, education, and leisure. Call Parks & Recreation for details and additional pricing.

Limited seating!

Payment is due to assure a spot is secured.

Must have a minimum of 8 people to go, max 10 people. If the trip does not go, you will be refunded.

**For reservations or more information, call us at (540)775-4386  
or visit <https://secure.recl.com/VA/king-george-va/catalog>.**

### CHARLES TOWN HOLLYWOOD SLOTS

Leave King George Citizens Center at 10:00 AM on

**Saturday, March 7<sup>th</sup>**

and leave Charles Town at 4:00 PM.

Transportation Only: \$25 per person

(\*\*Drop off & Pick up\*\*)

#### Points of Interest:

Hollywood Casino at Charles Town Races, located in scenic Charles Town, West Virginia, is your destination for world-class casino gaming and entertainment, award-winning dining, and the thrills of live and simulcast thoroughbred horse racing all year round.

Play your favorite games, earn Marquee rewards, comps, and points, and dine at your choice of fine or casual restaurants.



### STAY UP TO DATE WITH EVERYTHING PARKS & RECREATION HAS TO OFFER! KG ALERT

KG Alert subscribers receive our monthly newsletter as well as program updates, registration reminders, and cancellation notices on either their phones or email. Sign up for KG Alert by visiting [kgalert.com](http://kgalert.com) or by scanning the QR code. In addition to Parks & Recreation, you can choose to receive alerts from the Service Authority, weather emergencies, L.E. Smoot Library, County meetings, County government weather delays & closings, AMBER alerts, and road closures.



KG Alert Signup



## COOPER'S HAWK WINERY & RESTAURANT AT SHORT PUMP TOWN CENTER

Leave King George Citizens Center at 9:00 AM on  
**Saturday, March 21<sup>st</sup>**  
and leave Richmond at 3:00 PM.  
Transportation Only: \$25 per person  
(\*\*Drop off & Pick up\*\*)

### Points of Interest:

Discover the collection of wines with a guided tasting experience in a warm, welcoming atmosphere. Dining Reservations are highly recommended, and Wine Tastings are walk-in only. Walk-in guests will be served based on order of arrival and availability.

Enjoy lunch on your own.  
Take in a day of shopping at the Short Pump Town Center.

**For more information about Cooper's Hawk Winery visit**  
<https://chwinery.com/locations/virginia/richmond>



## NATIONAL HARBOR, TANGER OUTLETS, & MGM

Leave King George Citizens Center at 9:00 AM on

**Saturday, April 18<sup>th</sup>**

and leave National Harbor at 3:00 PM.

Transportation Only: \$25 per person

(\*\*Drop off & Pick up\*\*)

### Points of Interest:



The Captain Wheel. Walk the waterfront shops.

Enjoy lunch on your own at the riverside.

With so many restaurants to choose from, they have a little something for everyone!

Shop at Tanger Outlets.

Try your luck at MGM Casino!



KGPR Catalog

To register for our Regional Day Trips, please visit  
<https://secure.recl.com/VA/king-george-va/catalog>  
or call us at (540)775-4386.

## OVERNIGHT BUS TRIPS

Travel with King George Parks & Recreation on our overnight bus trips and enjoy days of entertainment, exploration, and relaxation. Call for trip information and pricing. Limited seating!  
Payment is due to assure a spot is secured. If the trip does not go, you will be refunded.



**For reservations or more information, contact Vivian Shelton at (540)775-4386  
or visit <https://secure.recl.com/VA/king-george-va/catalog>.**

### VIRGINIA BEACH, COLONIAL WILLIAMSBURG, & HISTORIC NORFOLK SEPTEMBER 1<sup>st</sup> - 3<sup>rd</sup>

Enjoy 3 days and 2 nights on this bus trip to the Virginia Beach area!

Depart King George at 8:00 AM on Tuesday, September 1<sup>st</sup> and return on Thursday, September 3<sup>rd</sup>.

**The cost is \$525 for double occupancy; add \$147 for single occupancy. \$75 is due at signing.**

**Final payment due on June 24<sup>th</sup>.**

Cost includes motorcoach transportation, 2 nights lodging in Virginia Beach, 4 meals: 2 breakfasts and 2 dinners, the VIRGINIA BEACH BOARDWALK, a visit to COLONIAL WILLIAMSBURG, including a Guided Tour, Narrated Norfolk Naval Base Harbor Cruise, Admission to the NAUTICUS & BATTLESHIP WISCONSIN.

#### TRIP ITINERARY

##### DAY 1 | SEPTEMBER 1<sup>st</sup>

Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: beautiful Virginia Beach! Upon arrival, relax and enjoy the VIRGINIA BEACH BOARDWALK, a treasured beach hot spot for locals and tourists, alike. This evening, have Dinner and check into your Virginia Beach hotel for a two night stay.

##### DAY 2 | SEPTEMBER 2<sup>nd</sup>

After a Continental Breakfast, you will head to Norfolk, where you'll begin your experience at the famous NAUTICUS & BATTLESHIP WISCONSIN. Located on the downtown waterfront, Nauticus is a marine-themed science center with 3D films and exhibits. You'll also have an opportunity to experience the Battleship Wisconsin and the Hampton Roads Naval Museum. Next you will enjoy lunch on your own. The afternoon, you will experience a relaxing NARRATED NORFOLK NAVAL BASE HARBOR CRUISE aboard the Victory Rover. Tonight, enjoy a relaxing Dinner before returning to your hotel for a good night's rest.

##### DAY 3 | SEPTEMBER 3<sup>rd</sup>

Start your day with a Continental Breakfast before you head to COLONIAL WILLIAMSBURG, and become a citizen of the Revolutionary City. Enjoy a guided tour and engage with the local community and experience firsthand the daily struggles of wartime. Then, visit Merchant Square, an 18th-century-style retail village in Colonial Williamsburg where you'll enjoy shopping and lunch on your own. Afterwards, you will depart for home...a perfect time to chat with our friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!



## OVERNIGHT BUS TRIPS

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**For reservations or more information, contact Vivian Shelton at (540)775-4386 or visit <https://secure.recl.com/VA/king-george-va/catalog>.**

### ATLANTIC CITY SEPTEMBER 20<sup>th</sup> - 23<sup>rd</sup>

Enjoy 4 days and 3 nights on this bus trip to Atlantic City!

Depart King George at 8:00 AM on Sunday, September 20<sup>th</sup> and return on Wednesday, September 23<sup>rd</sup>.

**The cost is \$529 for double occupancy; add \$189 for single occupancy. \$75 is due at signing.**

**Final payment due on July 13<sup>th</sup>.**

Cost includes motorcoach transportation, 3 nights lodging in an Atlantic City Casino Hotel, 4 meals: 3 breakfasts and 1 dinner, a Casino Bonus, Spectacular Gaming and Sight-seeing in Atlantic City.

#### TRIP ITINERARY

##### DAY 1 | SEPTEMBER 20<sup>th</sup>

Depart your group's location in a spacious, video and restroom equipped motorcoach as you set off for the excitement of Atlantic City! Upon arrival, you will check into a Casino Hotel in Atlantic City and receive a FREE Casino Bonus to kick off the gaming excitement (subject to change by the Casino).

##### DAY 2 | SEPTEMBER 21<sup>st</sup>

Start your day with a Hot Breakfast before enjoying a free day in Atlantic City to do what you wish! Take in a show, do some more gaming, or take a stroll down Atlantic City's famous boardwalk.

##### DAY 3 | SEPTEMBER 22<sup>nd</sup>

Start your day with a Hot Breakfast before enjoying another free day to do what you wish! This evening, you will enjoy a wonderful Dinner at the Casino Hotel.

##### DAY 4 | SEPTEMBER 23<sup>rd</sup>

Today, after enjoying a Hot Breakfast, you 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!



## OVERNIGHT BUS TRIPS

Travel with King George Parks & Recreation on our overnight bus trips and enjoy days of entertainment, exploration, and relaxation. Call for trip information and pricing. Limited seating! Payment is due to assure a spot is secured. If the trip does not go, you will be refunded.



For reservations or more information, contact Vivian Shelton at (540)775-4386 or visit <https://secure.recl.com/VA/king-george-va/catalog>.

### MIAMI, FORT LAUDERDALE, & KEY WEST, FLORIDA NOVEMBER 8<sup>th</sup> - 14<sup>th</sup>

Enjoy 7 days and 6 nights on this bus trip to the Miami area!

Depart King George at 8:00 AM on Sunday, November 8<sup>th</sup> and return on Saturday, November 14<sup>th</sup>.

**The cost is \$939 for double occupancy; add \$319 for single occupancy. \$75 is due at signing.**

**Final payment due on September 1<sup>st</sup>.**

Cost includes motorcoach transportation, 6 nights lodging including 4 consecutive nights in the Miami area, 9 meals: 6 breakfasts and 3 dinners, full-day Guided Tour of Miami, admission to enchanting Coral Castle, a visit to the exciting island city of Key West, enjoy a sightseeing cruise down the "Venice of America", free time and shopping in beautiful and famous "South Beach", and a visit to the Oceanfront Hollywood Beach "Broadwalk".

#### TRIP ITINERARY

##### DAY 1 | NOVEMBER 8<sup>th</sup>

Board your spacious, video and restroom equipped motorcoach and set off for the exciting subtropical climates of Miami, Ft. Lauderdale, and Key West! This evening, settle into a comfortable en route hotel for a good night's rest.

##### DAY 2 | NOVEMBER 9<sup>th</sup>

Today, after a Continental Breakfast, you'll arrive in sunny Miami, Florida. Tonight, enjoy Dinner and check into your Miami area hotel for a four-night stay.

##### DAY 3 | NOVEMBER 10<sup>th</sup>

Start your day with a Continental Breakfast before departing for a full-day GUIDED TOUR of Miami. Next, you'll head for exciting and glamorous Miami Beach and the famous South Beach area! Take in the beauty of Miami, as you browse the unique galleries, specialty shops, and designer boutiques. Next, with your guide, you'll enjoy a visit to the amazing CORAL CASTLE. Built by one man from 1923 to 1951, Edward Leedskalnin single-handedly and secretly carved 1,100 tons of coral rock. When Ed was 26 years old his heart was broken by his one true love when she canceled their wedding just one day before the ceremony. Deeply saddened by this tragic loss, Ed set out on a lifelong quest to create a monument to his lost love that is now considered one of the world's most remarkable accomplishments. Tonight, you'll enjoy Dinner with Live Entertainment.



## DAY 4 | NOVEMBER 11<sup>th</sup>

After a Continental Breakfast, depart for Key West - the Southernmost City in the Continental U.S.A. Discover this enchanting place while enjoying free time to experience the sights and sounds of Key West. Later that day, you'll return to your Miami area hotel.

## DAY 5 | NOVEMBER 12<sup>th</sup>

Enjoy a Continental Breakfast at your hotel before leaving for the beautiful oceanfront HOLLYWOOD BEACH "BROADWALK", named one of America's best beach boardwalks. Admire the Atlantic Ocean while strolling this brick-paved promenade or relax at one of its many cafes and eateries. Next, your adventure continues with a SIGHTSEEING CRUISE down the "Venice of America," Fort Lauderdale's New River, sailing through Millionaire's Row with homes of the Rich and Famous, spectacular Mega Yachts, and sights beyond belief. Tonight, you will enjoy Dinner at a local restaurant before returning to your hotel.

## DAY 6 | NOVEMBER 13<sup>th</sup>

After a Continental Breakfast, you will enjoy a visit to the Loggerhead Marinelife Center in Juno Beach, FL. Immerse yourself in the wonders of the ocean. This evening, relax at your en route hotel.

## DAY 7 | NOVEMBER 14<sup>th</sup>

After enjoying a Continental Breakfast, you'll depart for home... a 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 will take you!

**To register for our Overnight Bus Trips,  
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Life is full of surprises and adventures, and we are here for the long haul. From buying your first car to starting your child's first savings account, we are here for you and your family.

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