

King George Parks and Recreation

RECREATION EXPLORATION GUIDE

SPORTS AND ATHLETICS

Youth Mountain Biking



Gymnastic Camps

Youth Volleyball Camp

Youth Football Camp

Tennis Camps

Challenger-British Soccer Camp



Basketball Camps

Gymnastics

Youth Soccer

Karate

Women's Fitness Bootcamp



SUMMER EDITION

JUNE - AUGUST 2018

OVERNIGHT TRIPS

Mackinac Island, Michigan

Lake George & Lake Placid, NY

Holiday in Lancaster, PA

Nashville at Christmas Time, TN

Christmas in NYC

ALL NEW PROGRAMS

King Georgette Cheer Camp

Art Exploration Camp

Dance Camp

Cooking Camp

Theatre

Fairy Garden Workshop

Lego



SPECIAL EVENT- PALOOZA IN THE PARK AUGUST 4TH



ALL NEW WEBSITE!

CREATE AN ACCOUNT - SAVE - MARK AS FAVORITE

<https://secure.rec1.com/VA/king-george-va/catalog>



[Facebook.com/kgpr4386](https://www.facebook.com/kgpr4386)

(540)775-4FUN



TABLE OF CONTENTS

King George County Out and About	2
Facilities Information	4
Summer Camp	5
Play It Smart	6
Tot Programs	7
Youth Programs	9
Youth Athletic Programs	14
Youth/Adult Athletic Programs	17
Youth Athletic Programs / Camps	19
Health & Wellness	24
Adult Enrichment Programs	26
Adult Enrichment / Community Programs	27
Weekly TOURS 4FUN Trips	28
Overnight TOURS 4FUN	30
Registration Information	32
Registration Form	33
Save the Date	34
Notes	35

CONTACT US

KING GEORGE PARKS AND RECREATION

8076 Kings Highway

P.O. Box 71

King George, VA 22485

(540) 775-4FUN (4386)

Fax: (540) 775-5255



[Facebook.com/kgpr4386](https://www.facebook.com/kgpr4386)

OFFICE HOURS

Monday: 8 am – 7 pm

Tuesday: 8 am – 7 pm

Wednesday: 8 am – 7 pm

Thursday: 8 am – 7 pm

Friday: 8 am – 4:30 pm

Saturday & Sunday: CLOSED

HOLIDAYS

May 28: Memorial Day

July 4: Independence Day

September 3: Labor Day

October 8: Columbus Day

November 12: Veterans Day

NEW WEBSITE <https://secure.rec1.com/VA/king-george-va/catalog>

KING GEORGE COUNTY OUT AND ABOUT

King George County Board of Supervisors

The Board of Supervisors meets the 1st and 3rd Tuesdays of the month at 6:00p.m in the Revercomb Building. The Board of Supervisors consists of five members, one from each of the four districts and one At-Large. Your Board of Supervisors members are:

Ms. Ruby Brabo – Member (At-Large),

Mr. John Jenkins, Jr. – Member (Dahlgren),

Mrs. Cathy Binder – Member (Shiloh),

Mr. Richard Granger – Chairman (James Madison),

Mr. Jeffrey Bueche – Vice Chairman (James Monroe)

County Administration – 540-775-9181 Dr. Neiman

Young, PhD, County Administrator

L.E. Smoot Memorial Library – 540-775-2147;

www.smoot.org The library is located at 9533 Kings Highway (Rt.3).

Virginia Cooperative Extension Service – 540-775-

3062; located in the Village Center at 10087 Kings Highway. Assistance may be found in the areas of Agricultural and Natural Resources, Commercial Horticulture, Family Consumer Sciences, 4-H Youth Development and Community Viability. The Virginia Cooperative Extension Service is part of Virginia Tech and Virginia State University. Additional information may be obtained at www.offices.ext.vt.edu/king_george

Virginia Department of Forestry – Information about the forest land in King George County may also be

found at www.dof.virginia.gov/R2/kge-index

Virginia Department of Game and Inland Fisheries

804-367-1000

King George County Game Warden 540-775-2049.

Virginia Department of Conservation and Recreation

804-786-1712

Caledon State Park - located in King George County at 11617 Caledon Road. Call 540-663-3861 for information regarding the park or their interpretive programs or visit www.dcr.virginia.gov for information on this park and other Virginia State Parks.

Dahlgren Naval Surface Weapons Center – Operator 540-653-8291

King George Historical Society, Inc. is a non-profit 501 c 3 organization whose purpose is to collect, preserve and to disseminate both information and material of every nature relating to the history, antiquities and literature of King George County in the Commonwealth of Virginia. For more information go to their website at www.kghistory.org

King George County School Board Office –

540-775-5833

King George Family YMCA – 540-775-9266

King George Little League – offers youth baseball and girls softball. For more information visit www.kglittleleague.org

King George Youth Athletic Association – offers Spring and Fall flag football and Fall tackle football. For more information visit www.kgyaa.org

Fall Festival Committee – plans this annual event.

Everyone is welcome to join in the celebration. There is a parade, music, games, food, a Fall Festival Queen, and a Fall Festival Dance; all to benefit the King George Fire and Rescue Association. Fall Festival information may be obtained at www.kgfallfestival.org

Dahlgren Heritage Museum is located at 3540 James Madison Pkwy, King George, VA 22485. For more information visit their website at www.dahlgrenmuseum.org

KG ALERT

Sign up for this free service offered by the King George County Emergency Services to notify you of important information due to an emergency, disaster, road closure or inclement weather. Information is delivered, by choice, to e-mail, cell phones with text messaging capabilities, palm pilots and blackberries. You may also specify information you want to receive such as parks and recreation, schools and county information. To sign up, go to www.kgalert.com This is a service of the King George Department of Emergency Services – 540-775-8900.

King George County has an **AMBULANCE FEE FOR SERVICE** program. This program aids in offsetting costs associated with providing citizens quality service. Financial reimbursement will come from Medicaid, Medicare and other private insurance companies who already include this service in the coverage they offer to the people they insure. For more information, please call King George County Department of Emergency Services at 540-775-8900.

Movie-Goers

Come to the Parks and Recreation Department to get your discounted Regal Cinema Movie Tickets Premier tickets at \$8.50 each. Please call for availability if you are in need of these.

KING GEORGE COUNTY OUT AND ABOUT

Parks and Recreation

Our Vision is to become Virginia's premier County in bringing people together and enriching lives through recreation and community activities.

Our Mission is to effectively deliver services by providing diverse and balanced recreation programs and facilities that incorporate the needs, interests and desires of our citizens. With citizens' support and involvement and interactive utilization of facility, community and natural resources we contribute to maintaining community character, enhancing community spirit, developing partnerships between private enterprises, civic organizations and individuals; hence, reaching out enhancing lives and contributing to the community livability.

This program guide is intended to assist you in finding not only activities offered by the Parks and Recreation Department; but also, as a resource of other non-profit organizations offering recreational activities in their respective categories; and general noteworthy information. NOTE: If we have inadvertently left a recreational organization out that serves the public, please call Tim Smith at 540-775-4386 or email at tims@co.kinggeorge.state.va.us

Parks and Recreation Staff Members

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

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

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

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

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

Vivian Shelton, Evening/Weekend Operations Sup./ vivians@co.kinggeorge.state.va.us

or come by our office to speak to a staff member in person (appointments guarantee seeing a specific staff member). We work closely with the Department of General Properties with regards to building and grounds maintenance. If you encounter a building and grounds issue, please give our department a call so that we may forward the message.

Office Information

The Parks and Recreation office operates out of the Citizens Center, located at 8076 Kings Highway. Our regular business hours are 8:00a.m – 7:00p.m. Monday – Thursday and 8:00 a.m. – 4:30 p.m. on Friday. Our offices are closed on holidays as designated by the State/County. To speak to a staff member you may personally come by, call 540-775-4386; email, fax or by mail at Parks and Recreation, P.O. Box 71, King George, VA. 22485. You may check out our programs on the County's website.

www.kinggeorgecountyva.gov or browse our programs and register on-line (way to pay by credit card) at <https://secure.rec1.com/VA/king-george-va/catalog>.

Parks and Recreation Advisory Committee

The King George County Parks and Recreation Advisory Committee is appointed by the Board of Supervisors to represent the citizens of their corresponding districts. In addition, the Committee has two non-voting members representing NSWC and the students. Members advise staff on issues related to programs, planning and services; and aid in conceptualizing departmental facilities and operations. Members meet the third Wednesday of every other month beginning at 6:30p.m at the Citizens Center.

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

FUND for KIDS

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

FACILITIES INFORMATION

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

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

Parks and Recreation schedules the school's indoor and outdoor facilities for recreational use on weekday's after 6:00p.m and on weekends.

KGHS - King George High School – 10100 Foxes Way; Gym and athletic fields after 6:00p.m / weekends.

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

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

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

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

OKGMS - Old King George Middle School – 8562 Dahlgren Rd. (Rt. 206)

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

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

SSC-Sealston Sports Complex (11050 Fletchers Chapel Rd) is a 45 acre park adjoining Sealston Elementary School. Currently, this facility consists of a 10 acre multipurpose field and four baseball/softball fields (2 lighted ball fields), a picnic shelter, restrooms, and a concession stand. There is limited parking within the park and additional parking is permitted at the school's parking lot.

Wayside-Wayside Park is a 10 acre park site on the Potomac River located at 3435 Roseland Rd. (off Route 301 at the Harry G. Nice Memorial Bridge). Amenities include several picnic tables, two grills and approximately 100 yards of beach. Parking is limited on-site; however, there is additional parking located at the commuter parking lot adjoining the Dahlgren Heritage Museum and at Barnesfield Park (a short 5 minute stroll).

Barnesfield Park is located at 3360 Barnesfield Rd. (off Route 301 approximately one mile south of the Harry G. Nice Memorial Bridge. This 150 acre park has 2 picnic shelters, 3 baseball/softball fields, 1 Little League size field, 2 multipurpose fields, outdoor basketball courts and fitness loop.

Wilmont-Wilmont Landing – this landing provides public boat access to the Rappahannock River. This site has very limited parking available. Wilmont Landing is located on Wilmont Road off of Rollins Fork Road (Rt. 681). To reach Rollins Fork Road, follow Rt 3 approximately 6 miles east of Rt 301& 3 intersection.

CBP – Cedell Brooks Jr. Park is located at 11259 Henry Griffin Rd at the old landfill site off Rt. 205. Our newest facility has one NCAA size baseball field, multipurpose field, playground, an approximate 1 mile loop walking path and plenty of parking.

Tennis - King George County Tennis Center – 8246 Dahlgren Road (Rts 206 & 3) – daytime use only. Users must obtain permit from P&R during school year/hours.

NEW – Cedell Brooks Jr. Park, Barnesfield Park and Sealston Sports Complex all have Little Free Libraries available. The Libraries are located near the picnic shelters and/or playgrounds.

SUMMER SUNSATIONS AND TEEN CAMP

Summer Sunsations and Teen Breakout

Our camps provide a safe, fun and active environment for all youth. We offer indoor and outdoor activities as well as opportunities for pure fun, friendships and exploration. We pride ourselves on offering an action-packed, varied and exciting camp. Our camps are designed to suit everyone and gives your child a chance to experience PURE FUN! Sign your child up for one week or all nine weeks! Activities provided daily are: Arts & Crafts, Group games, and Team building challenges.

WEEKLY DAY CAMP



“Summer Sunsations” (ages: 5 -10) and “Teen Breakout” (Ages: 11-15) are both 9 week-day care programs running from 7:30 a.m. - 5:30 p.m., Monday-Friday. Extended hours are offered for an extra fee. Each camp is staffed by Camp Directors, Assistant Directors and Camp



Counselors. Camp Fees (per child) are: a \$35 one-time registration fee (Campers will receive 2 camp T-shirts and backpack); \$130 per camp week fee. Weekly fees cover: Day trips, in-house activities, bowling, skating and King's Dominion transportation (if available/weather permitting). A Kings Dominion season pass will be needed.

Through a USDA grant for King George County Schools, the Schools' will be providing breakfast and lunch throughout the duration of camp, (bag lunches will be provided on field trip days.) More updates will be in the camp packages.

NOTE: Should the USDA Grant be discontinued you will need to provide your child's meals.

PLEASE NOTE: King George Parks and Recreation has the right to cancel trips and activities in the event of inclement weather conditions, heat advisories, or safety concerns.



Summer Sunsations “Camp Adventure”

- Week 1 – Make It or Break It
- Week 2 – Wild Wild West
- Week 3 – Operation Outdoors
- Week 4 – Bugs & Critters
- Week 5 – Treats and Treasures
- Week 6 – Make a Difference
- Week 7 – Animal Planet
- Week 8 – Ooey Gooey
- Week 9 – Shark-tastic

Field Trip

- Week 1 – Potato Chip Factory
- Week 2 – Alum Spring Park
- Week 3 – Gilbert Run
- Week 4 – Caledon State Park
- Week 5 – In House Cooking
- Week 6 – Sheriff's/ Fire Dept.
- Week 7 – National Zoo
- Week 8 – Science Museum
- Week 9 – Westmoreland Park

Teen Breakout “Camp Exploration”

- Week 1 – Stembastic
- Week 2 – Gold Rush
- Week 3 – Nature Unleashed
- Week 4 – Wilderness Survival
- Week 5 – Edible Creations
- Week 6 – Pay it Forward
- Week 7 – Zoology
- Week 8 – Slime
- Week 9 – Shark Week



Science Fun/Slime Experiments



Field Trip



Kings Dominion

PLAY IT SMART BEFORE AND AFTER SCHOOL PROGRAM

Play It Smart Before and After School Program

King George County Parks and Recreation and the King George County Schools have teamed up to offer our before and after school program, ages K – 6th. Supervised activities will include games, sports, crafts, fitness, and homework assistance. This program is meant to instill character, education, fitness, and nutrition.

Please pick up by 6 p.m. **NOTE: On half days and holidays, the program is closed.**

Before/After School

Time: 6:30 – 8:30 a.m. & 3:30 – 6:00 p.m.

Cost: \$55.00 week

Location: All Elementary Schools

Before School Only

Time: 6:30 – 8:30 a.m.

Cost: \$30.00 week

Location: All Elementary Schools

After School Only

Time: 3:30 – 6:00 p.m.

Cost: \$45.00 week

Location: All Elementary Schools



Tour of King George Fire and Rescue's Engine.



Making bird feeders with Mrs. Misch at King George Extension Services!



Mixing mentos and coke for scientific fun!



Outdoor activities!



Tot Time



Come bring your tot(s) and enjoy meeting other parents and care givers 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. **Be sure to like our FB page @ King George Parks and Recreation Tot Time. Attention: There will be no Tot Time June 26, July 3, July 10, July 17, July 24, July 31, and August 7, 2018.** Instructor: Amanda McLoughlin

Age	Day	Date	Time	Cost	Location
0-6	Tuesdays	Ongoing	10:00-11:15 am	\$3 per child/\$1 each add. child	Citizens Ctr.



Moving and Grooving with Music

Your child will explore and make music through finger plays, playing instruments, moving with the beat, and singing music. This class is sure to be a hit!! **Deadline for registration: May 14 & September 7, 2018.** Min: 5 Max: 12 **Instructor: Amanda McLoughlin. *No music class October 25, 2018**

Age	Day	Date	Time	Cost	Location
2-5	Thursdays	May 17 – June 21	9:15-10:00 am	\$60	Citizens Ctr.
2-5	Thursdays	Sept. 13 – Nov. 8	9:15-10:00 am	\$60	Citizens Ctr.

Stories at the Park

Bring your tot(s) to Barnesfield Park and listen to some wonderful children's stories. We will meet at the park for stories, crafts, games, snacks, and play time. If you would like to bring a bag lunch to have a picnic at the end of the program, please feel free to do so. Hope to see you and your tot(s) there! In the event of rain, activities will take place at the Citizens Center. ***Registration and payment are due one week prior to event date.*** Min:5 Max:15



Age	Day	Date	Time	Cost	Location
0-8	Friday	June 8	10:00-11:00 am	\$8	Barnesfield Park
0-8	Friday	June 22	10:00-11:00 am	\$8	Barnesfield Park
0-8	Friday	August 31	10:00-11:00 am	\$8	Barnesfield Park
0-8	Friday	September 14	10:00-11:00 am	\$8	Barnesfield Park

Prince and Princess Tea Party

Bring your prince(s) and princess(es) to have a magical tea with us! Dress as a prince or princess and enjoy tea, lemonade, and light refreshments. We will play games, read a story, and make a craft. **Registration Deadline: August 31, 2018** Min:5 Max:10 **Instructor: Amanda McLoughlin.**



Age	Day	Date	Time	Cost	Location
2-5	Friday	September 7	11:00am-12:00pm	\$10	Citizens Center

Preschool Open Gym

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



Strawberry Picking Tot Trip



Please join us at Braehead Farm to play, pick strawberries from the strawberry patch, and see all of the animals! The farm has a variety of animals, including: goats, rabbits, chickens, horses, and more! The play area has swings, slides, a corn box, hay barn, and other fun things for your tot to explore! Admission to the farm, a snack, and a goody bag are included in the cost. Strawberries will be weighed and paid for by you at the farm. Feel free to bring a bag lunch to enjoy at the farm! **Registration Deadline: May 22, 2018. Min:5 Max:20**

Day	Date	Time	Age	Cost	Location
Friday	May 25	10:00-12:00 pm	0-2	\$4	Braehead Farm
			3-10	\$8	
			Adults	\$6	

Bubble Day at the Park



Calling kids of all ages to come play with bubbles at the park! We will provide the bubbles. All you have to do is show up and be ready for some fun! There will even be a contest for the biggest bubble! You should definitely pop up for this event! **Registration Deadline: June 8, 2018. Min:5 Max:20**

Age	Day	Date	Time	Cost	Location
ALL ages	Friday	June 15	10:00 – 11:00 AM	\$8	Barnesfield Park

Hot Shot Tots

This program provides an introduction to, and the basic skills associated with basketball, soccer, tennis, and tee-ball. The program will use various games, drills, and skills to improve gross motor skills, as well as hand-eye coordination. Each child will receive a certificate and a tee shirt upon completion of the program. ***Attention*: No class on October 8, 2018. Registration deadline: September 4, 2018. Min:5 Max:8 Instructor: Amanda McLoughlin.**



Age	Day	Date	Time	Cost	Location
3-6	Mondays	Sept. 10 – Nov. 5	5:00-5:45 pm	\$60	Citizens Ctr.

YOUTH PROGRAMS

KING GEORGETTE CHEER

Come join the King Georgette's as we experience teamwork, FUN, and cheer! We will practice the beginning fundamentals of cheer. Students will learn basic cheer movements, cheers, and a little dance. Most of all we will have fun and build a great team! Class will be 6 weeks with a start date of June 19th, 2018.

Price includes, pompoms, bow and t-shirt, please select a size on enrollment registration form. Please come dressed comfortably and in tennis shoes for practice. I look forward to seeing you there! ***NO CLASS ON JULY 3rd***

Deadline to register June 12th, 2018.

Instructor: Beth Ferrell



Age	Day	Date	Time	Cost	Location
5 - 11	Tuesdays	6/19 – 7/31	5:30 – 6:30 pm	\$65	SBOC



KING GEORGETTE CHEER

CAMP

Come join the King Georgette's as we experience teamwork, FUN, and cheer! We will practice the beginning fundamental of cheer. Students will learn basic cheer movements, cheers, and a little dance. Most of all we will have fun and build a great team! Price includes, pompoms, bow and t-shirt, please select a size on enrollment registration form. Please come dressed comfortably and in tennis shoes for practice. I look forward to seeing you there!

Instructor: Beth Ferrell

Age	Day	Date	Time	Cost	Location
5 - 11	Tues. – Fri.	8/7 – 8/10	6:00 – 8:00 pm	\$65	SBOC



ART EXPLORATION CAMP

Calling all student artists! Do you enjoy 2-D and 3-D art? Love drawing and learning some new types of art? This class is for you! There is a \$10 supply fee to be given to instructor the first day of class. Please wear old clothes to class.

Instructor: Susan Phillips



Age	Day	Date	Time	Cost	Location
6 – 12	Mon. – Fri.	June 25 – June 29	10:00 – 12:00pm	\$50	KGES

YOUTH PROGRAMS

CREATIVE DANCE CAMP

The class will expose the students to a variety of dance techniques and styles and will allow the students to pick and choose what type of a dance experience they want to have. The final class will be a small demonstration of what the students have learned. Join us for camp workshop as you learn creative movement and B-boy, pop and locking, and jazz in a relaxed environment. Students will learn to dance to their favorite songs, develop dance techniques, and learn how to cypher and freestyle with one another. At the end of the camp, there will be a performance! Please wear comfortable clothing that does not inhibit movement (i.e. sweatpants, t-shirt, etc.) **Instructor: David Deegan.**



Must pre-register early by Thursday, June 21st & Thursday, July 19th

Session I	Age	Day	Date	Time	Cost	Location
	4 - 6	Mon. – Fri.	June 25 - 29	4:00-4:45pm	\$60	SBOC
	7 - up	Mon. – Fri.	June 25 - 29	5:00-6:00pm	\$60	SBOC
Session II	Age	Day	Date	Time	Cost	Location
	4 - 6	Mon. – Fri.	July 23 – July 27	4:00-4:45pm	\$60	SBOC
	7 - up	Mon. – Fri.	July 23 – July 27	5:00-6:00pm	\$60	SBOC

CHEFS FUN COOKING CAMP

Does your child like to cook or like to help you cook in the kitchen? If so, this class is for them! Students will cook a variety of seasonal and fun recipes! This class is every Tuesday for 4 weeks, it's sure to be a real treat for students! Class fee includes ingredients, cookbook and certificate.

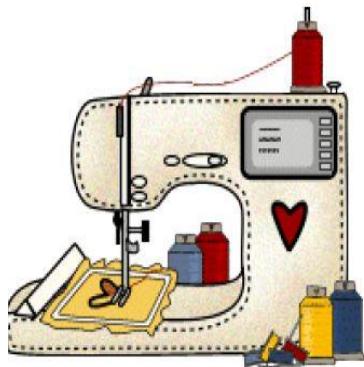
Instructor: Gloria Burrell

Registration Deadline: June 6th

Session I	Ages	Date	Time	Cost	Location
	4 - 5	Jun. 11 -15	4:00 – 5:00 pm	\$65	Citizens Center
	6 - 9	Jun. 11 -15	5:15 – 6:15 pm	\$65	Citizens Center
	10 - up	Jun. 11 -15	6:30 – 7:30 pm	\$65	Citizens Center
Session II	Ages	Date	Time	Cost	Location
	4 - 5	Jun. 18 - 22	4:00 – 5:00 pm	\$65	Citizens Center
	6 - 9	Jun. 18 - 22	5:15 – 6:15 pm	\$65	Citizens Center
	10 - up	Jun. 18 - 22	6:30 – 7:30 pm	\$65	Citizens Center

Must have minimum of 10 students per class.

Beginning Sewing Class



Learn How to Sew! This beginning 2 day class will teach you how to thread your sewing machine and explore different stitch types; straight and zig-zag, curves and corner. Learn to sew 3 seams, plain, flat-felled and French seams plus gathering and pleating. Make a draw string bag in session 1 and a pillowcase in session 2. **Please bring your sewing machine with foot pedal and instruction manual, thread, scissors, ruler, seam ripper, 2 yards of cotton quilting fabric, some cut into 14- 8" x 12" rectangles.** Instructor will provide the patterns. Sew Much Fun! Contact Dawn for more info: info@dawnschons.com or call/text 540-413-7638. (Pre-registration one week prior)

Instructor: Dawn Schons

Cost: \$49.00 child 8 to 12 years old, Free with adult.

Date	Time	Registration Deadline	Location
July 20	6:00 – 8:00 PM	July 13	Citizens Center
July 27	6:00 – 8:00 PM	July 20	Citizens Center

Hand Sewing Class

Lose a button? Need a hem? Repair a tear? Learn how to sew on 3 types of buttons and create 6 types of hand sewing stitches; running stitch, whip stitch, slip stitch, blanket stitch, catch stitch and hem stitch, and know how to use them on your projects and clothing. Supplies: Please bring your own scissors. Kit includes fabric samples, hand sewing needles, thread, seam rippers and buttons. Contact Dawn for more info: info@dawnschons.com or call/text 540-413-7638.

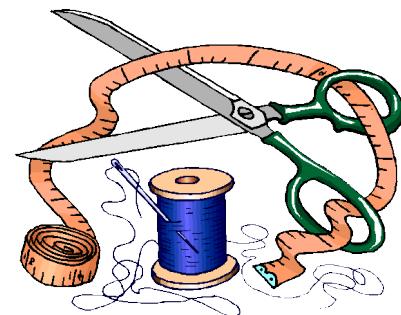


(Pre-registration one week prior)

Instructor: Dawn Schons

Cost: \$25. Kit fee \$10 per person.

Child 8 to 12 years old, Free with adult.



Date	Time	Registration Deadline	Location
July 13	6:00 – 8:00 PM	July 6	Citizens Center

YOUTH PROGRAMS

Theatre Class

This Theatre class is designed to introduce young students to the world of theatre. Students who take this class will experience the creative arts through drama, music, and movement. It will emphasize growth of acting and performing skills by using their imagination. The end of the final class will result in a showcase of their new skills and knowledge.

Instructor: Kenley Green

***No class on July 3rd and August 1st**

WEEKLY CLASS:

Age	Day	Date	Time	Cost	Location
5-8	Wednesdays	June 13 – August 15	5:00 – 6:00 pm	\$50	SBO Cafe
9-13	Wednesdays	June 13 – August 15	6:00 – 7:30 pm	\$65	SBO Cafe

CAMP:

Age	Day	Date	Time	Cost	Location
8-13	Mon. – Fri.	July 30 – August 3	1:00 – 2:00 pm	\$40	SBO Cafe

Fairy Garden Workshop

Have a fun filled hour learning how to create your own fairy garden. We will teach basics for putting together a small garden that can be placed outside on a porch, deck, or in the house to enjoy.

Cost: \$5 fee which includes all materials required to make your own fairy garden.

Instructor: Susan Horman & Janice Sullivan

Deadline to Register one week prior



Age	Date	Time	Registration Deadline	Location
5 & up	July 18	10:00 – 11:00 AM	July 11	Barnesfield Park
5 & up	August 8	10:00 – 11:00 AM	August 1	Sealston Park



Preschool Open Gym

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

Homeschool Open Gym

This popular drop-in program is designed for children 18 months and up. Movement, exercise to songs, tumbling and open play with emphasis on FUN! **Held at the OKGES gym every Thursday from 11:15 – 12:15pm. Fee is \$3 per child/ \$1 each additional child to be paid at the gym.**



DAHLGREN CHRISTIAN PRESCHOOL

Now Registering
2018-2019



Science
lab

Pre-K

4-5 years old

Mon - Thurs

8:30 - 11:15

\$160/mo

Extended Day
Mon - Thurs

8:30 - 12:15

\$256/mo

Early Preschool

3-4 years old

M, T, Th

12:30 - 3:00

\$115/mo

Extended Day
M, T, Th

11:30 - 3:00

\$161/mo

For information call the Dahlgren United Methodist church office at
540-663-2230 or email dcpdirector@gmail.com.

The Dahlgren Christian Preschool admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, scholarship and loan programs, and athletic and other school-administered programs.

YOUTH ATHLETIC PROGRAMS

HOME SCHOOL GYMNASTICS

This is a class offered to both boys and girls. We will work on all events and skill levels.

Location: OKGES Gym

Code#	Age	Day	Date	Time	Cost
3052.118	4-12 year olds	Wednesdays	8/22 – 10/10	1pm - 2pm	\$65



ACTION GYMNASTICS

The Action Gyms Program is for 1-5 year old youngsters who just want to have some fun in the gym. The program will focus on exercise, movement to music and coordination.

Location: OKGES Gym

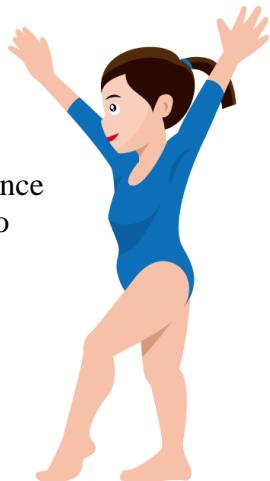
Code#	Age	Day	Date	Time	Cost
3007.118	1-5 year olds	Wednesdays	8/22 – 10/10	10am-10:50am	\$60

TUMBLING

King George Parks and Recreation is offering tumbling this spring. **Beginner** - This 60 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. **Advanced** – Students must be proficient in back handsprings and ready to work back tucks. This class focuses on advanced tumbling skills, strength and flexibility.

Location: OKGES Gym

Code	Levels	Age	Day	Date	Time	Cost
3003.118	Beg. & Adv.	5-17	Wednesdays	8/22 – 10/10	5pm-6pm	\$65



CHEER TUMBLING

This class is designed for the middle to high school student who wants to learn or improve their tumbling skills for cheerleading. Along with working on the skills, we will also focus on the strength and conditioning needed to tumble. Limit: 12 participants

Code	Age	Day	Date	Time	Cost	Location
3092.118	12-18	Wednesdays	8/22 – 10/10	6pm-7pm	\$65	OKGES Gym



YOUTH ATHLETIC PROGRAMS

Fall Youth Gymnastics

Old King George Elementary School (Gymnasium)

Registration Begins: July 2, 2018 • \$65 for the 8 week program

The King George Youth Gymnastics program stresses basic fundamentals and skill development on all four competitive events (vault, bars, beam and floor exercise). The general class format has been revised to better accommodate our participants. Note: All pre-school classes (Kinder Gyms and Parent & Me), are designed to develop muscle memory, coordination and basic gymnastics skills through structured organized play. For more information contact Heather Lee, Head Coach at 540-419-8265.

Parent & Me - Starts: August 25th

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

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

Little Gyms- Starts: August 25th

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

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

Short Gyms - Starts: August 25th

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

Saturdays • 11:00 – 11:50 AM • 4 years • Limit 10

Kinder Gyms - Starts: August 20th

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

Mondays • 5:00 – 6:00 PM • 5 years • Limit 10

Mighty Gyms - Starts: August 21st

This class is designed for children ages 3-4. Children in this class must be able to show knowledge of gymnastics terms and demonstrate skills on all four gymnastics apparatuses.

Must be asked by coach in order to participate in this group!

Tuesdays • 5:00 – 6:00 PM • 3-4 years • Limit 10

High Flyers - Starts: August 23rd

This class is designed for children ages 5-6. Children in this class must be able to demonstrate advanced skills on all four gymnastics apparatus and know all basic terms.

Must be asked by coach in order to participate in this group!

Thursdays • 5:00 – 6:00 PM • 5-6 years • Limit 10

Beginners - Starts: August 20th, 22nd, & 23rd

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

Mondays • 6:00 – 7:00 PM • 6-9 years • Limit 12

Wednesdays • 7:00 – 8:00PM • 6-9 years • Limit 12

Thursdays • 6:00 – 7:00 PM • 10-14 years • Limit 12



Intermediate Level - Starts: August 20th

This program is for individuals who know and understand the basic skills and terms, but have not mastered the skills.

Mondays • 7:00 – 8:00 PM • 6-9 years • Limit 10

Advanced Level - Starts: August 23rd

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

Thursdays • 6:00 - 7:00 PM • 6-9 years • Limit 10

Red Gyms - Starts: August 21st

This class is for students working on levels one and two team skills. Skills are based on USA Junior Olympic guidelines.

Must be asked by coach in order to participate in this group!

Tuesdays • 6:00 – 7:00 PM • 6-14 years • Limit 10

White Gyms - Starts: August 21st

This class is designed for students working on level 3 team skills according to USA Junior Olympic guidelines.

Must be asked by coach in order to participate in this group!

Tuesdays • 7:00 – 8:00 PM • 6-14 years • Limit 10

Red/White - Starts: August 21st & August 25th

This class is designed for students working on level one, two and three skills according to USA Junior guidelines.

Participants must be asked by coach in order to be included in this group!

Tuesdays • 8pm – 9pm • 6 – 14 years • Limit 10

Saturdays • 12noon-1pm • 6 – 14 years • Limit 10

Blue Gyms – Starts: August 23rd

This class will focus on boy's gymnastics skills. No experience needed for this program.

Thursdays • 7:00 – 8:00 PM • 6-14 years • Limit 10



YOUTH ATHLETIC PROGRAMS

2018 FALL YOUTH SOCCER KIDS!



The 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. Once the games begin, there is no more than one scheduled practice per week. Practices are held at Barnesfield Park, Ralph Bunche, Cedell Brooks, Jr. Park, Sealston Sports Complex, and Hunter Field. Coaches determine the practice days and times for practices (no practices before 5:30pm). Uniforms are provided [2 jerseys white/Blue & Blue/Black], socks, and shorts). Season conducted Mid August – Early November. Each team will play between 8 and 10 games. Registrations are accepted June 1st – July 27th, on a first- come, first-served basis. A \$20 late fee for all registrations after July 28th. Online registration (credit card accepted).

<https://secure.rec1.com/VA/king-george-va/catalog>

(SOCCER PARENT'S MEETING, WEDNESDAY, AUGUST 1, 2018, 6:30PM, KG CITIZENS CENTER)
REGISTER EARLY AND RECEIVE \$10 DISCOUNT

Fees: Early Registration: \$87 per participant (June 1st – June 27th)

Registration: \$97 per participant (June 28th – July 27th)

Divisions:

U6 (4 & 5 year olds)	Age Control Date:	August 1, 2018
U8 (6 & 7 year olds)	Age Control Date:	August 1, 2018
U10 (8 & 9 year olds)	Age Control Date:	August 1, 2018
U12 (10 & 11 year olds)	Age Control Date:	August 1, 2018
U14 (12 & 13 year olds)	Age Control Date:	August 1, 2018
U19 (14 & 18 year olds)	Age Control Date:	August 1, 2018

Home Games/Days: Held at the Sealston Sports Complex, Cedell Brooks, Jr. Park, Hunter Field and KGHS

U6	Mondays and Saturdays
U8	Mondays and Saturdays
U10	Thursdays and Saturdays
U12	Thursdays and Saturdays
U14	Weekdays and Saturdays
U19	Weekdays and Saturdays

ACTIVITY CODE: 2055.118

PEE WEE SOCCER

Pee-Wee Soccer is an instructional and developmental program that enables kids 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. The program utilizes positive reinforcement and fun activities. Classes limited to 24 per session.

Registration: July 16th – August 16th

Program Dates: August 28th, Sept. 4th, Sept. 11th, Sept. 18th, Sept. 25th, Oct. 2nd, & Oct. 9th

Days of the Week: Tuesdays

Times: 5:45pm

Location: Sealston Sports Complex

Fee: \$65

ACTIVITY CODE: 2057.118



YOUTH/ADULT ATHLETIC PROGRAMS

ISSHINRYU 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 emphasis on quality learning, leading to successful skill mastery, and personal safety. Our program focuses on building strength, balance, coordination and flexibility through Kata (forms), Kobudo (weapons) and their Bunkai (practice applications). This translates in 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. The instructors Frank Harvey and Fred German, one time Martial arts Hall of Fame Recipient and four time Martial Arts Hall of Fame recipient, Kevin Kline each have over a decade of teaching experience. They have trained with some of the world's foremost experts.



Location: Old King George Middle School

SUMMER 2018

Youth Beginner

Code	Age	Day	Date	Time	Fee	Location
2008.418	6-13	Tuesday & Thursday	5/29-8/2	6-7pm	\$57	OKGMS Gym

Youth Advanced

Code	Age	Day	Date	Time	Fee	Location
2010.418	6-13	Tuesday & Thursday	5/29-8/2	6-8pm	\$67	OKGMS Gym

Adult Beginner

Code	Age	Day	Date	Time	Fee	Location
2013.418	14-Adult	Tuesday & Thursday	5/29-8/2	6-7pm	\$57	OKGMS Gym

Adult Advanced

Code	Age	Day	Date	Time	Fee	Location
2011.418	14-Adult	Tuesday & Thursday	5/29-8/2	6-8pm	\$67	OKGMS Gym

FALL 2018

Youth Beginner

Code	Age	Day	Date	Time	Fee	Location
2008.118	6-13	Tuesday & Thursday	8/14-10/18	6-7pm	\$57	OKGMS Gym

Youth Advanced

Code	Age	Day	Date	Time	Fee	Location
2010.418	6-13	Tuesday & Thursday	8/14-10/18	6-8pm	\$67	OKGMS Gym

Adult Beginner

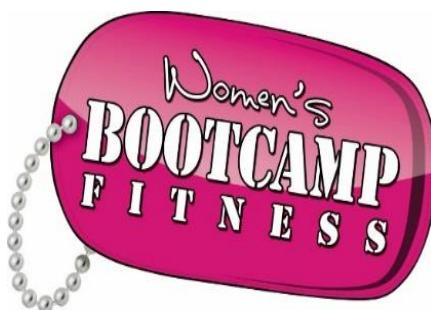
Code	Age	Day	Date	Time	Fee	Location
2013.418	14-Adult	Tuesday & Thursday	8/14-10/18	6-7pm	\$57	OKGMS Gym

Adult Advanced

Code	Age	Day	Date	Time	Fee	Location
2011.418	14-Adult	Tuesday & Thursday	8/14-10/18	6-8pm	\$67	OKGMS Gym

YOUTH/ADULT ATHLETIC PROGRAMS

WOMEN'S FITNESS BOOTCAMP



This "women's only" bootcamp runs for four weeks, 2 days per week and is led by a Certified Personal Trainer. Each participant receives workouts designed for days off of class to maximize focus and motivation. The bootcamp gives participants tools to monitor daily food intake to assure that they are making the best food choices for maximum results. Participants also get a before and after assessment and photo to track their progress throughout the session. Class includes membership in Facebook group for motivation and support. All fitness levels welcome. This class runs in two sections; there is a combined section class every Saturday. For information please contact, Angela Carter (angela@strikefitnessva.com) Must be at least 18 years old to register. **Location: King George Elementary School**

Class	Age	Day	Date	Time
8102.018	18+	Mondays and Wednesdays	June 4 th – June 28 th	6:30pm – 7:15pm
			Registration Fee: \$50 Registration Deadline: June 1st	
8102.019	18+	Mondays and Wednesdays	July 9 th – August 1 st	6:30pm – 7:15pm
			Registration Fee: \$50 Registration Deadline: July 27th	
8102.020	18+	Mondays and Wednesdays	Aug. 6 th – Sept. 5 th	6:30pm – 7:15pm
			Registration Fee: \$50 Registration Deadline: August 3rd	
			(No Class the week of August 20 th)	
8102.021	18+	Mondays and Wednesdays	Sept. 10 th – Oct. 4 th	6:30pm – 7:15pm
			Registration Fee: \$50 Registration Deadline: September 7th	



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Office hours

Monday	8 am - 7 pm
Tuesday	8 am - 7 pm
Wednesday	8 am - 7 pm
Thursday	8 am - 7 pm
Friday	8 am - 4:30 pm
Weekends	Closed

YOUTH ATHLETIC PROGRAMS/CAMPS

YOUTH MOUNTAIN BIKING



Introduction camp for beginning mountain bike riders. This camp is designed to teach the essential skills required for a young rider to transition from riding their bike around the neighborhood to riding in the woods on trails designed for mountain biking. Proper riding stance, braking, balance, bike handling, and line selection are covered. This is a beginner's course for trail riding, all riders must be proficient on basic bike riding skills.

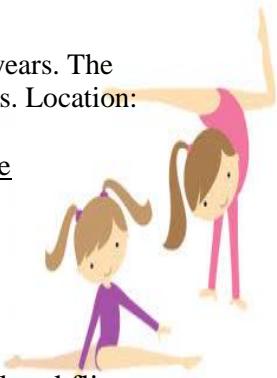
Location: Old King George Middle School. **Registration Deadline: Friday, May 25th**

Code#	Age	Day	Date	Time	Cost
7001.418	7-12	Fri - Sat	6/1 – 6/2	9am-3pm	\$100

GYMNASТИC CAMP

King George Parks and Recreation will be offering a summer gymnastics camp for ages 5-15 years. The camp is geared towards beginners through level 3. These camps are offered in half day sessions. Location: OKGES Gym

Code#	Age	Day	Date	Time	Cost	Registration Deadline
2062.418	5-15	M-F	6/4 – 6/8	9am-12noon	\$85	Friday, May 25 th
2062.518	5-15	M-F	7/16 – 7/20	9am-12noon	\$85	Friday, July 6 th
2062.618	5-15	M-F	7/30 – 8/3	9am-12noon	\$85	Friday, July 20 th



TUMBLING CAMP

This camp is for all children who desire fun while learning how to roll, cartwheel and flip. All children ages 5 and up are welcome. No experience needed.

Location: Old King George Elementary School Gym.

Code#	Age	Day	Date	Time	Cost	Registration Deadline
3090-418	5-15	M-F	6/11 – 6/15	9am-12noon	\$85	Friday, June 1 st
3090-518	5-15	M-F	7/23 – 7/27	9am-12noon	\$85	Friday, July 13 th



YOUTH VOLLEYBALL CAMP - BOYS & GIRLS

This fun and exciting Youth Volleyball Camp is designed as an introduction to the game for rising 5th – 8th grade. The camp will emphasize the technical fundamentals of the game including passing, setting, attacking, serving and defense.

Registration Deadline: Friday, May 25th Location: King George High School

Point of Contact: Drew Wine awine78482@aol.com 540-379-5174

Code#	Ages	Day	Date	Time	Cost
2081.418	9-13	Mon.-Wed.	6/4 – 6/6	5:30pm-8pm	\$80



YOUTH FOOTBALL CAMP

King George High School Varsity Football Coach, Vern Lunsford, and his staff will be conducting this camp June 18th – June 21st. The annual camp will be held at King George High School, from 6pm-8pm. The camp focus will be on conditioning and skills. Attire: shorts, T-shirts, cleats and tennis shoes (in the event we have to use the gym). If you want a T-shirt you have to register by June 4th.

Code#	Age	Day	Date	Time	Cost	Location
2077.418	9-13	Mon. –Thurs.	6/18 - 6/21	6pm-8pm	\$55	KGHS Stadium



YOUTH ATHLETIC PROGRAMS/CAMPS

TENNIS CAMPS



USTA "Net Generation" Tennis 10-U coming to King George County. Tessa Pehanick, a Net Generation Instructor will be teaching the youth this summer. Lessons taught with age appropriate size racquets and equipment. While learning tennis, campers also improve their motor skills, hand-eye coordination and movement abilities. Nutritious snacks, water, and racquets are provided during instruction. Space is limited to 20 students per session to allow maximum success and participation. **Please register for the first session by June 8th and second session by June 29th.**

Location: King George Tennis Center

Code#	Age	Day	Date	Time	Cost
5098.418	6-10	M-F	6/18-6/22	9am-10:30am	\$60
5099.418	6-10	M-F	7/9-7/13	9am-10:30am	\$60

These camps, led by KGHS Girls Tennis Coach Jill Wine, are intended for beginner and intermediate players. Beginners will learn basic strokes and play games that develop eye-hand coordination, good footwork, and confidence. Intermediate players will focus on improving consistency of basic strokes, learning more complex shots and developing strategy. Please register for the first session by June 8th and second session by June 29th. Please register for the first session by June 8th and second session by June 29th. Tennis racquet and water bottle are needed. Location- KGMS (KG Tennis Center)

Code#	Age	Day	Date	Time	Cost
6000.418	11-17	M-F	6/18 – 6/22	9am-10:30am	\$55
6001.418	11-17	M-F	7/9 - 7/13	9am-10:30am	\$55



CHALLENGER – BRITISH SOCCER CAMP

WHY HAVE WE BECOME THE MOST POPULAR COACHING PROGRAM IN THE COUNTY? Our International staff are selected and trained exclusively to work in your child's camp. They have a genuine interest in helping with each player's development and providing memorable and positive experiences. Three programs are being offered: First Kicks for 3-5 year olds; Half Day programs for 6-16 year olds; and Full Day for 9-16 year olds. Please sign up online: www.challengersports.com

Location: King George High School Stadium

Age	Day	Date	Time	Cost
3-5	M-F	6/4-6/8	9am- 10am	\$95
6-16	M-F	6/4-6/8	9-12noon	\$135
6-16	M-F	6/4-6/8	9-4pm	\$200

\$10 late fee if payment received after May 25th

Location: Cedell Brooks, Jr. Park

Age	Day	Date	Time	Cost
3-5	M-F	7/30-8/3	5:30pm-6:30pm	\$95
6-16	M-F	7/30-8/3	5:30pm-8:30pm	\$135

\$10 late fee if payment received after July 20th

For free jersey deadline, sign up by June 15th.



Mail applications and payment to: Jack McPaul, 1501 S Edgewood Street, Baltimore, MD 21227
Phone: 443-552-0518 * Email: jmpaul@challengersports.com* Checks payable to: Challenger Sports

Interested in hosting a British Coach? Contact Jack McPaul, 443-552-0518 or

jmpaul@challengersports.com

YOUTH ATHLETIC PROGRAMS/CAMPS



EMPOWERMENT BASKETBALL CAMP

This camp enables participants to learn skills for the game and its relevance to maintaining a healthy life. The campers will have the opportunity to have fun, while developing social, mental, and practical skills. Help us in our efforts to empower our youth. Snacks will be provided each evening. Location: KGMS

Code#	Age	Day	Date	Time	Cost
2076.418	7-14	Mon-Wed	6/25- 6/27	6:30pm-8pm	\$5



GIRLS BASKETBALL CAMP

The KGHS Girls Basketball Head Coach, Mr. Neil Lyburn, and his staff will be conducting a Youth Girls Basketball Camp, July 17th – July 20th at King George High School. This camp is for girls ages 7-14. All skill levels are welcome for this 4 day camp.

Registration deadline: July 12th.

Code#	Age	Day	Date	Time	Cost
2072.418	7-14	Tue-Fri	7/17-7/20	6pm-8:30pm	\$75

FUTURE FOXES BASKETBALL CAMP

This basketball skills camp is from July 23rd – July 27th at King George High School from 6:30pm-9:00pm each day. The fee is \$80 which includes a T-Shirt. The camp is for rising 4th-9th grade boys/girls. The camp breaks down, fundamental skills such as pivoting, shooting, dribbling, passing, cutting, screening, defense and concepts. Drills, games and competitions will be used to reinforce sound habits which will help each player. Mr. Eric Davis, Varsity Basketball Coach at Courtland High School will be leading the camp.

Registration deadline is Thursday, July 12th.

Location: King George High School Gym

Code#	Ages	Day	Date	Time	Cost
2075.418	9-14	Mon. - Fri.	7/23-7/27	6:30pm-9:00pm	\$80



SUMMER GIRLS YOUTH BASKETBALL LEAGUE



The Girls Youth Basketball League will focus on good sportsmanship, teamwork and fair play. Volunteer coaches will teach the fundamentals of basketball. The goal for this program is an opportunity for fun and enjoyment. Practices and games will be played in June and July. All home games will be played at county schools on weeknights and Saturdays. **Registration for the Girl's Basketball League will begin on May 14th – June 1st.**

Age Control Date: July 15, 2018. (We will be playing Caroline Parks and Recreation in this league)



Code#	Age	Day	Date	Time	Fee	Location
2005.418	10-12	TBA	6/2 – 7/28	TBA	\$50	KGES & PES

YOUTH ATHLETIC PROGRAMS/CAMPS

“Play Well” Engineering with LEGO® Summer Camps



Our Core Engineering Programs are our biggest “sandbox,” this is the safe space for kids to learn and discover the most through play. It’s about the process, not the result. Themed classes and camps explore imaginative worlds that kids already know and love, such as Stars or Ninjago.

July 30th – August 3rd

Class Limit: 24 Students – Registration Deadline: July 13th

Intro to STEM

Ratchet up your imagination with tens of thousands of LEGO® parts! Design and build as never before, and explore your craziest ideas in a supportive environment. (Cities, Garbage Trucks, Catamarans, and Dinosaurs)

Ages: 5-6

9am-12noon

KGMS

Fee: \$139 per participant

Code#: 2090.418



STEM Challenge

Power up your engineering skills with Play-Well TEKnologies and thousands of LEGO® parts! Apply real-world concepts of physics, engineering, and architecture through engineer-designed projects. (Forklifts, Houseboats, Mini Golf Courses, and the London Tower Bridge)

Ages: 7-12

1pm-4pm

KGMS

Fee: \$139 per participant

Code#: 2091.418

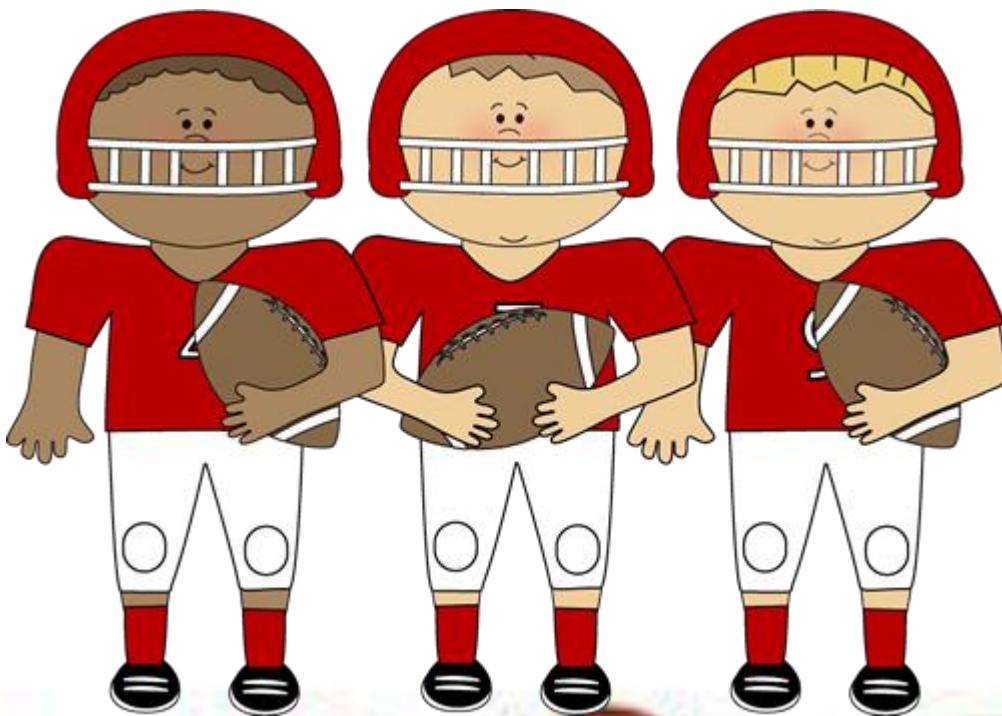


YOUTH ATHLETIC PROGRAMS / CAMPS

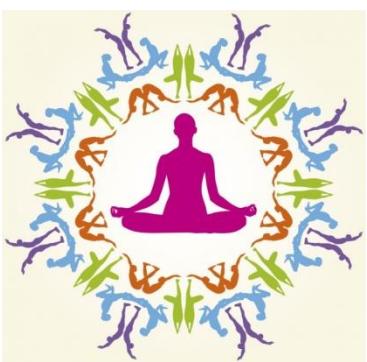
DEFENSIVE FOOTBALL CAMP

Ralph Stephani, Defensive Coordinator for the KGMS Football Team, will be hosting a football camp. The camp will focus on defensive fundamentals such as: proper positioning, technique, and conditioning. The camp is for middle and high schoolers and will be at Sealston Sports Complex on July 9th – July 13th. Registration Deadline: July 2nd.

Code#	Grade	Day	Date	Time	Fee	Location
2079.418	7 th – 12 th	Mon-Fri	6/2 – 7/28	6:00pm-8:00pm	\$10	Sealston Sports Complex



Morning Yoga AM



Kick start your morning! Roll out of bed and head to “Morning Yoga” where Heather will guide you through a series of breathing exercises and yoga poses, including stretching and relaxation, leaving you centered, focused, and ready to face your to-do list.

The word “yoga” means “union” and refers to the union between the mind and the body. Poses are practiced to tone the body, release muscular tension, and benefit the internal organs. By linking the breath with this movement, yoga strengthens the mind-body connection. Participants benefit from less stress and anxiety, a focused mind, and an enhanced sense of well-being. Other health benefits include lower blood pressure, increased strength and flexibility, and improved digestion and sleep.

This is a great class for beginners or those new to yoga, but all levels are welcome. Step-by-step instruction will be provided to have you moving, stretching and toning your body. Modifications and alternatives will be shown to make the class accessible to everyone. It’s never too late to make a healthy start!

Instructor: Heather Jennings

Day	Date	Time	Cost	Location
Wednesdays	May – September	8:00 – 8:45 am	\$5 per class (at door) or 12 weeks for \$50 Reg. Fee	Citizens Center

Always wanted to try yoga? Think you are not flexible enough? Come to yoga and discover that you do not have to be “bendy” to begin. No experience required. Debbie will guide you step-by-step in each pose and offer modifications to suit your proficiency. After a series of classes, you will become more familiar with the names and poses which will help you develop more confidence. Yoga is non-competitive and there are no comparisons in ability.

Yoga is a practice that combines stretching, breathing techniques, and relaxation. Yoga helps reduce stress, lower blood pressure, improve heart function, and digestion. Yoga can calm the body, mind, and spirit. Yoga can reduce anxiety, but at the same time also increase your energy levels.

Yoga class will have students working at all levels and that’s the beauty of Yoga. It can improve our flexibility, but it’s also about creating strength, stability and keeping our bodies healthy. Relaxation methods have been known to improve your sleep. Instructor: Debbie Shelkey-Lawson

Yoga has been known to reduce back and neck pain, increase body awareness, improve flexibility, balance, muscle tone and posture.

Evening Yoga



Day	Time	Cost	Location
Wednesdays	5:00 – 6:00 p.m.	\$5 per class (at door)	Citizens Center

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. Betty Doran and Linda Kline will lead the session.

Day	Time	Cost	Location
Mondays & Thursdays	4:30-5:30 pm	\$25 for new students \$20 for students that know the Health Form	Citizens Center



King George Parks & Recreation **PALOOZA IN THE PARK**

"END OF SUMMER PALOOZA" @ Barnesfield Park

**Event
Free!**

AUGUST 4th

**MUSIC
GAMES
VENDORS
RIDES
INFLATABLES**



**Petting
Zoo**



**NSWC Federal
Credit Union**

**NO PETS
NO COOLERS
NO ALCOHOL**

FOOD FOR SALE FOOD TRUCKS

SAVE THE DATE! MORE DETAILS COMING

ADULT ENRICHMENT PROGRAMS

Line Dancing

Tush push your way on up to the Citizens Center and kick up your heels with Lee Hafer on Monday Nights. Looking forward to seeing you moving in the right steps! *No class on holidays.

Age	Day	Date	Time	Cost	Location
18 +	Mondays	May – Sept.	7:00 – 8:30 pm	\$5 (at door)	Citizens Ctr

Beginning Line Dancing

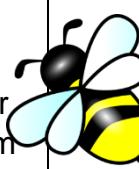
Come out and learn some of the basics and some easy line dances with Charlie Burrell at the Citizens Center. Instructor: Charlie Burrell *No class on holidays.



Age	Day	Date	Time	Cost	Location
18 +	Thursdays	May – Sept.	6:30 – 7:30 pm	\$5 (at door)	Citizens Ctr.

King George Quilting Bees

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



King George AARP Luncheon and Meeting

On the first Monday of each month, seniors from the area gather to learn about issues that are important to them. Members bring a dish to share and enjoy lunch while learning what is happening in AARP. Come out and be informed of local issues effecting seniors and occasionally hear guest speakers. For more information, please call King George Parks and Recreation. (540)775-4386



Rappahannock Area Agency on Aging

This program provides a Tuesday-Thursday on-site program at the Citizens Center from 10:00am - 2:00pm. This program offers transportation to and from the Citizens Center, lunch, activities, and trips. For more information, please call Tuesday-Thursday between 9:00am-2:00pm. Phone: (540)273-7697

Senior Navigator

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

ADULT ENRICHMENT/COMMUNITY PROGRAMS

KING GEORGE PARKS AND RECREATION

SILVER SOCIALITES

Age: 50 and Over Club

Cost: \$10.00 for 6 weeks

*Must pre-register

Time: 2:30pm – 4:00pm

Silver Socialites meet for 6 weeks of fun:

May 31st – Family Feud

June 7th – Name That Tune

June 14th – Movie Trivia

June 21st – Wii Fun Challenge



Family History Research and Discovery

Join us for this free class to help you find your ancestors, by appointment only. Bring a laptop or tablet to access the internet for research. Contact Sandy Miller @ (540)847-3237



SUBWAY SPIRIT NIGHTS!

Come out to the Subway located in the Dahlgren Walmart to support King George Parks and Recreation on the first Friday of every month!



16375 Merchant's Lane, Located in Dahlgren Walmart

Flea/Craft Markets @ Citizens Center

Event is open to the public at 7:00am and closes 12:00pm. Cost is \$10 per table, 3 tables for \$25 or 4 tables for \$35. Interested in being a vendor, call for set-up information. No pre-registration needed, show up on the dates below for set-up. Staff will be on site for any additional questions.

Dates for 2018:

- Sat. June 2nd
- Sat. Aug. 4th
- Sat. Oct. 6th



**American
Red Cross**

Together, we can save a life

American Red Cross Blood Drives
@ King George Citizens Center

Friday, August 10th @ 9am – 4pm

2018 WEEKLY TOURS 4FUN TRIPS



King George Parks & Recreation is planning day trips to provide the community with a day filled with entertainment, education and leisure. Come and enjoy a trip! The group will make decisions on lunch stops. These trips are affordable and fun. Cost for transportation only! Please call Parks & Recreation for details and additional pricing. Limited Seating! Janine Paulsen 540-775-4FUN

JUNE

6 - Wednesday

**LEWIS GINTER BOTANICAL GARDEN –
Richmond, VA**

COST \$25.00pp/Trans. Only

Leave Citizens Center @ 9:00am.

Leave Richmond @ 3:30pm.

Points of interest:

- Café open everyday
- Tea house- full service restaurant open 11:30-2:30
- Admission prices to gardens:
 - \$11.00 seniors
 - \$13.00 adults



16 - Saturday

HARPER'S FERRY NATIONAL PARK –

Harper's Ferry, WV

COST \$25.00pp/Trans. Only

Adults-\$20 & Seniors(65+)-\$19

Leave Citizens Center @ 9:00am.

Leave Harper's Ferry @ 3:30pm.

Points of interest:

- Full service restaurant and food court
- Gift Shops

- Tour the plantation and learn all about plantation life
- Admission includes entrance to Distillery and Gristmill

JULY

13 – Friday

TANGIER CRUISES (on the Breeze)

COST: \$25.00 (trans. Only)

Adults-\$30/Children-\$15

Leave K.G. Citizens Center @ 7:00am.

Leave Reedsville @ 4:30pm.

Points of Interest:

- Chesapeake House
- Sandwich and Gift Shops
- Picnic Area
- Walk around the Island

14 - Saturday

HOLLYWOOD SLOTS – Charlestown, WV

COST: \$25.00pp/Trans. Only

Leave Citizens Center @ 9:00am.

Leave Charles Town @ 3:30pm.

Points of interest:

- Enjoy the slots
- Horse racing
- New 85 tables
- Skyline Terrace, Zen Noodle, Epic Buffet

AUGUST

2 – Thursday

HILLWOOD ESTATES

COST: \$25.00pp/Trans. Only/Drop & Pick

Ticket: \$18.00 (Adults)

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

Leave DC @ 2:30pm.

Points of Interest:

- Home of Marjorie Merriweather Post, built in 1973, Museum of French and Russian Decorative arts and beautiful gardens
- Guided Tour of Manison @ 11:30
- Guided Tour of Gardens @ 12:30
- Bring lunch or @ Café and Gift Shops

8 – Wednesday

LURAY CAVERNS

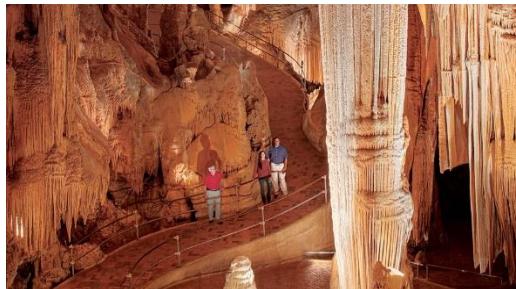
COST: \$25.00 PP/Trans. Only

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

Leave Luray @ 3:00pm.

Admission Adults-\$28.00/Seniors-\$25.00

The general admission rate includes the attraction entrance fee and Luray Caverns Tour, a self – guided tour of the Car and Carriage Caravan and access to the Luray Valley Museum. Tickets may be purchased upon arrival.



11 – Saturday

MARYLAND LIVE

COST: \$25.00pp/Trans. Only

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

Leave Maryland Live @ 3:30pm.

Point of interest:

- Enjoy the slots
- Enjoy shopping at the mall

15 – Wednesday

GREEN VALLEY BOOK FAIR

COST: \$25.00pp/Trans. Only

Leave K.G. Citizens Center @ 8:30am.

Leave Book Fair @ 2:30pm.

Points of interest:

- Enjoy the Scenic ride into the heart of Shenandoah Valley

- Over 500,000 new books at bargain prices

22 – Wednesday

NATURAL BRIDGE SAFARI

COST: \$25.00pp/ Trans. Only

Tickets- \$21.95 (13-64), \$20.95 (65&up)

\$13.95 (2-12) UNDER 2 FREE

Leave K.G. Citizens Center @ 8:30am.

Leave Natural Bridge @ 2:00pm.

Points of Interest:

- 180 acre property
- Feed the animals

SEPTEMBER

8 – Saturday

HOLLYWOOD SLOTS

COST: \$25.00pp/Trans. Only

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

Leave Charlestown @ 3:30pm.

Points of Interest:

- Enjoy the slots
- Horse racing
- New 85 tables
- Skyline Terrance, Zen Noodles, Epic Buffet

15 – Saturday

**POTOMAC EAGLE TOURIST TRAIN,
ROMNEY, WEST VIRGINIA**

COST: \$25.00 (Trans. Only)

Club tickets \$110

**Coach tickets \$50 for adults, \$45 for seniors,
& \$20 for children 4-12**

Leave Citizens Center @ 8:30am.

Leave West Virginia @ 4:00pm.

- 3 hr. ride (Train leaves at 1:00pm)

26 – Wednesday

NATIONAL ZOO

COST: \$25.00pp/ Trans. Only/Drop & Pick

Leave K.G. Citizens @ 8:30am.

Leave D.C. @ 2:30pm.

Points of Interest:

- Giant Panda, Great Apes, Bird House, Great Cats, Asia Trail
- Reptiles, Small Mammals House, Seals, and much more
- Food & Ice Cream

2018 OVERNIGHT TOURS 4 FUN TRIPS



2018

Mackinac Island, Michigan

“...Somewhere in time!”

6 Days – 5 Nights

August 25 – 30, 2018

\$712.00 per person (double occupancy)

\$951.00 per person (single occupancy)

Package Includes:

- 5 Nights lodging, including overnights
- 5 Breakfasts
- 3 Dinners
- Horse-drawn Carriage Tour of Mackinac Island
- Visit to the Grand Hotel
- Bronner's Christmas Wonderland
- Frankenmuth Village Shop
- Visit to Ft. Mackinac
- Hydro-Jet Ferry Ride
- Souvenir gift
- Luggage handling in Nashville
- Taxes and meal gratuities
- Motorcoach transportation



Lake George & Lake Placid, NY

“...Shimmering lakes, spectacular views & mineral springs”

4 Days – 3 Nights

September 17 – 20, 2018

\$529.00 per person (double occupancy)

Package Includes:

- 3 Nights lodging
- 3 Breakfasts, including 3 Adirondack buffet breakfasts
- 3 Dinners, including a dinner show
- Welcome reception
- Cruise on Lake George
- Guided tour of Saratoga Springs
- Guided tour of Lake Placid
- Guided tour of Lake George
- Souvenir gift
- Luggage handling in Nashville
- Taxes and meal gratuities
- Motorcoach transportation



Holiday Entertainment Extravaganza – Lancaster, PA

“...deck the halls and jingle the bells!”

3 Days – 2 Nights

November 7 – 9, 2018

\$409.00 per person

Package Includes:

- 2 Nights lodging
- 2 Breakfasts
- 2 Dinners, including a Family-style dinner & a Smorgasbord Dinner

- “Jesus” at the Millennium Theatre
- “The First Noel” at the American Music Theatre
- Tanger Outlets
- Kitchen Kettle Village
- Souvenir gift
- Luggage handling in Nashville
- Taxes and meal gratuities
- Motorcoach transportation



Nashville At Christmas Time

“..deck the halls and jingle the bells!”

5 Days – 4 Nights

November 27 – December 1, 2018

\$899.00 per person (double occupancy)

\$ PRICE HERE per person (single occupancy)

Package Includes:

- Overnight lodging in Asheville to and from Nashville
- 2 Nights lodging at the Gaylord Opryland Hotel
- 4 Breakfasts
- 2 Dinners including:
 - Deerpark Restaurant on the Biltmore Estate
 - Country Christmas Dinner Show featuring Trace Adkins
- Self-Guided Candlelight Tour of the Biltmore Estate
- Delta Flatboat Cruise
- Two Million Lights
- Broadway-style performance at the Grand Ole Opry House
- Opry Mills VIP Package
- Guided Tour of Nashville
- Souvenir gift
- Luggage handling in Nashville
- Taxes and meal gratuities
- Motorcoach transportation



Christmas in NYC

“...it's Christmas time in the city!”

3 Days – 2 Nights

December 26 – December 28, 2018

\$709.00 per person (double occupancy)

\$968.00 per person (single occupancy)

Package Includes:

- 2 Nights lodging in Manhattan
- 2 Breakfasts
- Radio City Music Hall Christmas Spectacular featuring the Rockettes
- Back Door Tour of Radio City Music Hall
- Guided tour of Lower Manhattan
- Rockefeller Center
- Fifth Avenue Shopping
- Macy's Herald Square
- Souvenir gift
- Luggage handling in Nashville
- Taxes and meal gratuities
- Motorcoach transportation



IMPORTANT GENERAL REGISTRATION INFORMATION

Important General Program Information

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

Due to facility uses, programs may be subject to changes in times and/or locations. Please verify with the Department upon registering. We attempt to notify you as early as possible with any program change. If we fail to reach you, please accept our apology for any inconvenience caused. Please register for classes in advance.

Waiting until the last minute may cause a class to cancel. Classes may be cancelled due to insufficient enrollment.

Unless otherwise noted or notified by an instructor/program supervisor, classes/programs may be held on holidays.

LATE REGISTRATION FEES: A \$10 late fee will be imposed on any program registrations coming in after the deadline. Any late registrations coming in after the rosters are set will be assessed \$20 plus any additional cost associated with ordering needed equipment or supplies.

Insufficient Funds - Checks returned for insufficient funds will be assessed a \$50 fee by the Treasurer's Office and the check-writer's name will be forwarded to our Department and we will no longer be able to accept checks from said check-writer.

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

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

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

Inclement Weather Policy: At this time, the King George County Parks and Recreation Department follows the King George County Schools schedule for programs offered in the schools. All other sites are considered independently.



REGISTRATION FORM

PARKS AND RECREATION
P.O. BOX 71 King George, VA 22485
540-775-4386

<https://secure.rec1.com/VA/king-george-va/catalog>

PROGRAM TITLE: _____

Participant's Name: _____

Mailing Address, City, State, Zip: _____

Age: _____ Grade: _____ Height: _____ Weight: _____ Birth Date: ____ / ____ / ____

Gender: (circle one) Male Female

Parent's Name: _____
Phone: (____) _____ (H) (____) _____ (W) (____) _____ (C) _____

Parent's Name: _____
Phone: (____) _____ (H) (____) _____ (W) (____) _____ (C) _____

E-mail: _____

Please give the name of a friend or closest relative we may contact if unable to reach you:

Emergency Contact: _____ Relationship to child: _____
Phone: (____) _____ (H) (____) _____ (W) (____) _____ (C) _____

*Have you registered with KG Alert? YES NO If NO, please go to www.kgalert.com to register. Please make sure you select "Parks and Rec" when registering to receive up to date information on cancellations or changes.

PLEASE NOTE: The King George County Department of Parks and Recreation does not provide Medical coverage or insurance for individual participants. All medical insurance protection must be provided by the participants.

I hereby give my consent and approval for my son/daughter to participate in this activity sponsored by the King George County Department of Parks and Recreation. I hereby release, hold harmless and indemnify the King George County Board of Supervisors, the King George County Administration, King George County Department of Parks and Recreation, King George County School Board and its officers, employees, agents and volunteers for any accident, injury or loss as a result of his/her participation in this program. I understand the risks involved with this activity and know my child is physically able to participate in this program. Photographs and videos of participants may be used for publicity in order to increase community awareness of King George County Parks & Recreation programs and in any and other media without limitation.

Are there any medical conditions the staff, coaches or instructor(s) should know about? Y _____ N _____ If yes, please list condition(s) and medications used:

In the event of an EMERGENCY, I hereby give my consent for the King George County Parks & Recreation Department to arrange for _____ to be taken to the Emergency Room and to be treated by a Physician on Staff.

Signature of Parent/Guardian or Participant, if over 18

Date

By signing below, I acknowledge that I have read and agree to the aforementioned and that I/we will abide by the applicable program rules associated with the program.

Signature (Parent /Guardian if participant is under the age of 18)

Date

T-SHIRTS:

Please circle the proper size below. Please note: if size is not indicated, we will pick one. Shirt sizes do run small.

YS YM YL AS AM AL AXL

PLEASE MAKE CHECKS PAYABLE TO: TREASURER, KING GEORGE COUNTY

For office use only: Amount Paid: \$ _____ Receipt # _____ Check # _____ Book _____ RecDesk _____
Cash _____ CC _____

Rev. 1/2018

King George Parks and Recreation



Special Events 2018

SAVE THE DATE

Sat. Aug. 4

Palooza in the Park @ Barnesfield Park

Fri. Oct. 19

Great Pumpkin Race @ Barnesfield Park

Thur. Oct. 25

Halloween Funfest @ Citizens Center

Sat. Nov. 17

Craft Fair / Holiday Bazaar @ Citizens Center

Sun. Nov. 18

Craft Fair / Holiday Bazaar @ Citizens Center

Thurs. Dec. 20

Santa Breakfast @ Citizens Center

CALL FOR DETAILS FOR ADDITIONAL INFORMATION

THE BENEFITS OF MEMBERSHIP



NSWC Federal
Credit Union

THE CREDIT UNION DIFFERENCE

A credit union is a member-owned, not-for-profit financial institution. Since 1961, NSWC Federal Credit Union has provided low loan rates, competitive savings yields and a wide variety of products and services for our members. Today, we are keeping pace with the latest advances but still keeping in touch with our members' needs, offering cutting edge technology as well as service with a smile. At NSWC Federal Credit Union you'll always find the financial services you need—and you'll never be just a number.

HOW TO JOIN

It's easy to join NSWC Federal Credit Union. A simple \$1 deposit is all it takes to establish your Prime Share Savings Account. You can then take advantage of all of our other services, and once you are a member your immediate family is eligible to join as well. For more information, simply stop by one of our branches or give us a call at (540) 663-2181 or (540) 373-5127 or visit www.nswcfcuonline.org

Savings Accounts: We offer various accounts designed to help you meet your goals and plans for the future.

Checking Accounts: Our personal Share Draft Accounts feature unlimited check writing and no monthly service charges.

Loans: Credit Unions are known for affordable loan rates, and as a member of NSWC Federal Credit Union you will enjoy great low rates, quick approval and friendly, personal service.

Our loans include: Auto Loans, Mortgage Loans, Home Equity Loans, Personal Loans, Boat, RV, and Motorcycle loans, Open Line of Credit, Home Equity Lines of Credit, VISA Credit Cards

24-Hour Service Our members are busy, and we know it.

That's why we have developed an array of 24-hour services, giving you access to your accounts any time it's convenient for you, anywhere in the world! Online Banking and Bill Pay, E-statements, Mobile Banking app, Direct Deposit & MORE!

Businesses & Organizations: We offer savings and checking products designed to meet your needs!

Augustine Avenue

2004 Augustine Avenue
Fredericksburg, VA 22401

Hours:

Lobby Monday - Thursday 9-5

Friday 9-6 Saturday 9-12

Drive Thru Monday - Thursday 9-6

Friday 9-6 Saturday 9-12

Southpoint

5422 Southpoint Plaza Way
Fredericksburg, VA 22407

Hours:

Monday - Thursday 9-5

Friday 9-6 Saturday 9-12

Plaza

5472 James Madison Parkway
King George, VA 22485

Hours:

Lobby Monday - Thursday 9-5

Friday 9-6 Saturday 9-12

Drive Thru Monday - Thursday 9-6

Friday 9-6 Saturday 9-1

Dahlgren

17442 Dahlgren Road
Dahlgren, VA 22448

Hours:

Monday-Friday 7:45-2

Federally Insured by NCUA.