

# King George Parks and Recreation

## RECREATION EXPLORATION GUIDE



# Summer 2019

## June - September

### SPORTS & ATHLETICS

Youth Basketball League  
Youth Track & Field  
Gymnastics Camp  
Tumbling Camp  
Challenger-British Soccer Camp  
Tennis Camps  
Basketball Camps  
"Play Well" - Legos Camp  
Gymnastics  
Fall Youth Soccer  
Pee Wee Soccer



### TOURS 4 FUN OVERNIGHT TRIPS

Cape Cod, Massachusetts  
Christmas Time in Branson, Missouri  
Christmas in NYC, New York



PLAY IT SMART  
BEFORE & AFTER SCHOOL  
PROGRAM  
SIGN UP NOW!



### SPECIAL SUMMER FESTIVAL:

PALOOZA OF FUN

SATURDAY, AUGUST 3<sup>rd</sup>, 2019

AT KING GEORGE HIGH SCHOOL

4:00-8:00 PM



## SUMMER CAMP

May 28 - July 26

Weekly: \$130.00

Participate: 1 or 9 weeks

Details at KGPR



<http://www.kinggeorgecountyva.gov/384/Parks-Recreation>



# AVAILABLE JUNE 3<sup>rd</sup>

**How to find us:**

**<https://www.kinggeorgecountyva.gov/>**

- **Government**
- **Department**
- **Parks and Recreation**
- **Registration**



**Call us at (540) 775-4FUN**



# TABLE OF CONTENTS

## 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

King George County Out and About .....	4
Facilities Information.....	5
Palooza of Fun.....	6
Camp Exploration.....	7
Play It Smart .....	8
Tot Programs .....	9
Youth Programs .....	12
Youth Athletic Programs/Camps .....	14
Youth Athletic Programs .....	18
Youth/Adult Athletic Programs .....	21
Health & Wellness .....	22
Health & Wellness/Adult Enrichment Programs.....	24
Adult Enrichment Programs .....	25
Weekly Trips .....	26
Overnight TOURS 4FUN .....	29
Community Programs .....	31
Registration Information .....	32
Registration Form .....	33

## OFFICE HOURS

**Monday: 8:00 am – 7:00 pm**

**Tuesday: 8:00 am – 7:00 pm**

**Wednesday: 8:00 am – 7:00 pm**

**Thursday: 8:00 am – 7:00 pm**

**Friday: 8:00 am – 4:30 pm**

**Saturday & Sunday: CLOSED**

## HOLIDAYS

**May 27:** Memorial Day

**July 4:** Independence Day

**September 2:** Labor Day

**October 14:** Columbus Day

**November 11:** Veteran's Day

**November 28:** Thanksgiving

## KING GEORGE COUNTY OUT AND ABOUT

### **King George County Board of Supervisors**

The Board of Supervisors meets the 1<sup>st</sup> and 3<sup>rd</sup> 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](http://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](http://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](http://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](http://www.dcr.virginia.gov) for information

on this park and other Virginia State Parks.

**Dahlgren Naval Surface Warfare 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](http://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 softball. For more information visit

[www.kglittleleague.org](http://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](http://www.kgyaa.org)

**Fall Festival Committee** – plans this annual event.

Everyone is welcome to join in the celebration. There is

a parade, music, games, and food; all to benefit the King

George Fire and Rescue Association. Fall Festival

information may be obtained at [www.kgfallfestival.org](http://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](http://www.dahlgrenmuseum.org)

### **KG ALERT**

**FREE SERVICE.** Sign up and tailor alerts, from King George County Emergency Management, that will notify you about important official information due to an

emergency, disaster, road closure, severe weather, Parks and Recreation, and county information. You can choose

how you would like to receive the notifications: through an email or text message. Sign up and customize your

account that best suits your needs, go to

[www.kgalert.com](http://www.kgalert.com). This is public service from King

George County Department of Fire, Rescue, and

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 \$9.00 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 Chris Clarke at 540-775-4386 or email at [crclarke@co.kinggeorge.state.va.us](mailto:crclarke@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:

Chris Clarke, Director of Parks and Recreation /  
[crclarke@co.kinggeorge.state.va.us](mailto:crclarke@co.kinggeorge.state.va.us)

Lorenzo Smith, Athletic Supervisor /  
[lorenzoz@co.kinggeorge.state.va.us](mailto:lorenzoz@co.kinggeorge.state.va.us)

Janine Paulsen, Recreation Supervisor /  
[janinep@co.kinggeorge.state.va.us](mailto:janinep@co.kinggeorge.state.va.us)

Linda Gallagher, Administrative Assistant /  
[lindag@co.kinggeorge.state.va.us](mailto:lindag@co.kinggeorge.state.va.us)

Vivian Shelton, Evening/Weekend Operations Sup./  
[vivians@co.kinggeorge.state.va.us](mailto: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 8:00 a.m – 7:00 p.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](http://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 three non-voting members representing NSWC, the Dahlgren Railroad Heritage Trail 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 6:30 p.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 weekdays 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 15<sup>th</sup> 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 Brooks, Jr. Park.

**SSC-Sealston Sports Complex** is located at 11050 Fletchers Chapel Rd, it 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** is located at 8246 Dahlgren Road (Rts. 206 & 3) for daytime use only. Users must obtain permit from P&R during school year/hours.

**NEW** – Little Free Libraries are available at Cedell Brooks Jr. Park, Barnesfield Park, and Sealston Sports Complex.

# KING GEORGE PARKS AND RECREATION

FREE EVENT

PRESENTS

FREE EVENT

## PALOOZA OF FUN

Saturday, August 3<sup>rd</sup>, 2019 4:00-8:00 PM

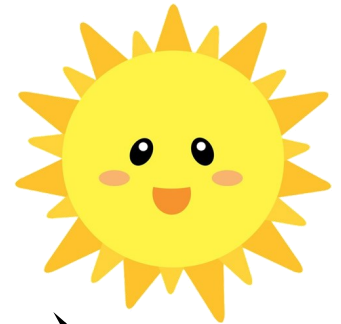
KING GEORGE HIGH SCHOOL



No Pets

No Coolers

No Alcohol



Touch A  
Truck

Come out and join us for our

### END OF SUMMER PALOOZA

FOOD TRUCKS ~ FOOD FOR SALE ~ LIVE MUSIC ~ GAMES ~

RIDES ~ CASH VAULT ~ INFLATABLES ~ ANIMALS ~

VENDORS/CRAFTERS



[www.nswcfcuonline.org](http://www.nswcfcuonline.org)

Birchwood Power Facility  
**NSWC Federal  
Credit Union**



**ATLANTIC**  
broadband  
TV • INTERNET • PHONE



WENDY MOORE  
DENTISTRY





# CAMP EXPLORATION

## King George Parks and Recreation Summer Camp

Our camps provide a safe, fun and active environment for 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 for the physically active child. Do you have an enthusiastic child who's active and is looking to be challenged physically, emotionally and socially? If so, this is the camp for you! Sign your child up for one week or all nine weeks! Activities provided daily are: Arts & Crafts, Group games, and Team building challenges.



Camp Exploration (ages: 5 -10) and Teen Exploration (Ages: 11-15) are both 9 week 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.**



**Kings  
Dominion**

**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.



### Camp Exploration

Week 1 – Jump Into Summer  
Week 2 – All About Magic  
Week 3 – Kids Got Talent  
Week 4 – Artful Antics  
Week 5 – Little Inventors  
Week 6 – Make a Difference  
Week 7 – Bugs Life  
Week 8 – Ooey Gooyey  
Week 9 – Nature Enthusiast

\*Programs could change based on availability of guest visitors and instructors.

### Field Trip

Week 1 – Westmoreland State Park  
Week 2 – Lake Anna State Park  
Week 3 – Caledon State Park  
Week 4 – Powhatan State Park  
Week 5 – Pocahontas State Park  
Week 6 – No Trip (Holiday July 4<sup>th</sup>)  
Week 7 – Mason Neck State Park  
Week 8 – Richmond Science Museum  
Week 9 – Camp Luncheon

### Teen Exploration

Week 1 – Moving 'n' Grooving  
Week 2 – Escape Week  
Week 3 – Teen Idol Week  
Week 4 – Arts in the Park  
Week 5 – Thing-A-Ma-Bob  
Week 6 – Salute Our Heroes  
Week 7 – Buggin' Out  
Week 8 – Wacky Tacky  
Week 9 – Urban Adventure

\*Programs could change based on availability of guest visitors and instructors.



**STEM Fun!**



**Food Fun!**



**Ooey Gooyey Fun!**



# 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 – 6<sup>th</sup>. 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: Holidays the program is closed. On early dismissal and delays there is no afterschool program, we often use these days for staff training.**

### 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



## TODDLER/TOT PROGRAMS/TOT TOURS

### 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: July 2, July 9, July 16, July 23, July 30, August 6, and November 5, 2019.**

**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

In this class 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: September 9, 2019. Attention: There will be no class October 24 and 31, 2019.** Min: 5 Max: 12

**Instructor: Amanda McLoughlin**

Age	Day	Date	Time	Cost	Location
2-5	Thursdays	Sept.12 – Nov. 14	9:15-10:00 am	\$60	Citizens Ctr.



### Parent and Me Science Class

Bring your tot(s) to this four week science class! We will be doing simple yet fun and creative science experiments. Join us and let your child explore through science!

**Registration Deadline: September 20, 2019.** Min: 5 Max: 10 **Cost: \$40 plus \$5 supply fee to be given to teacher the first day of class.** **Instructor: Amanda McLoughlin**

Age	Day	Date	Time	Location
2-6	Fridays	Sept. 27- Oct. 18	9:30am-10:15am	Citizens Center



### 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
2-5	Friday	June 14	10:00-11:00 am	\$8	Barnesfield Park
2-5	Friday	August 23	10:00-11:00 am	\$8	Barnesfield Park
2-5	Friday	September 20	10:00-11:00 am	\$8	Barnesfield Park
2-5	Friday	October 4	10:00-11:00 am	\$8	Barnesfield Park



## TODDLER/TOT PROGRAMS/TOT TOURS



### 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 October 14, November 11, 2019. Registration deadline: . Min: 5 Max: 8**  
Instructor: Amanda McLoughlin

Age	Day	Date	Time	Cost	Location
3-6	Mondays	Sept.16-Nov.18	5:00-5:45 pm	\$60	Citizens Ctr.



### 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(s) 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! Min: 5 Max: 20

**Registration Deadline: May 31, 2019.**

Instructor: Amanda McLoughlin



Day	Date	Time	Age	Cost	Location
Friday	June 7	10:00 am	0-2	\$5	Braehead Farm
			3-12	\$10	
			Adults	\$8	

### Pumpkin Picking Tot Trip

Come join us at Braehead Farm to play, pick a pumpkin from the pumpkin patch, see all of the animals, and have some fun! The farm has a variety of animals, including: pigs, rabbits, chickens, horses, and more! There are goats there to feed. 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 light snack, and goody bag are included in the cost. Pumpkins will be weighed and paid for by you at the farm. Costs includes a light snack and goody bag.

**Registration Deadline: October 4, 2019.** Min: 5 Max: 20

Instructor: Amanda McLoughlin



Day	Date	Time	Age	Cost	Location
Friday	Oct. 11	10:00 am	ALL	\$10	Braehead Farm



## 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!

**Last day for Open Gym: Thursday, June 6<sup>th</sup>, 2019**

**Open Gym starts back: Thursday, August 15<sup>th</sup>, 2019**

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 an emphasis on FUN!

**Last day of Open Gym: Wednesday, June 5<sup>th</sup>, 2019**

**Starts again: Wednesday, August 14<sup>th</sup>, 2019**

Held at the OKGES gym every Thursday from 11:15am – 12:15pm. Fee is \$3 per child / \$1 each additional child to be paid at the gym.



**Muhammad's**  
Boxing and Martial Arts

**Adults • Kids • Teens**  
**Beginners - Advanced**

**(540)-775-7555**

**[www.KGKarate.com](http://www.KGKarate.com)**

**10208 Kings Highway, King George VA**

### **Benefits:**

**Self-Confidence**  
**Goal Setting**  
**Strong Values**  
**Better Grades**  
**Positive Role Models**  
**Weight Loss**  
**Leadership**  
**Self Defense Skills**

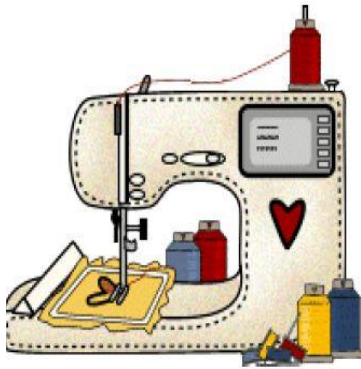
**6 Weeks for \$69 -**  
**Includes FREE Uniform!**





## YOUTH PROGRAMS

### Beginning Sewing Class



Learn how to sew! This beginner 2 day class will teach you how to thread your sewing machine and explore different stitch types; straight and zig-zag, curves and corners. Learn to sew 3 seams, plain, flat-felled and French seams and gathering. 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](mailto:info@dawnschons.com) or call/text 540-413-7638

**Instructor: Dawn Schons**

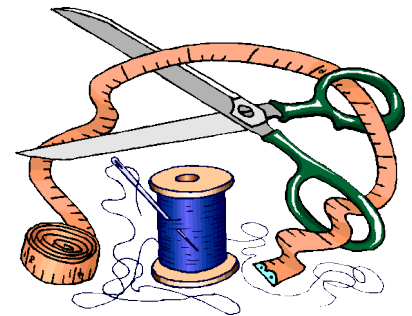
**Cost: \$49.00 per person. Child 8 years and up, adult free with child.**

**Min: 1 Max: 10**

Date	Time	Registration Deadline	Location
June 20 & 27	1:00 – 3:00 PM	June 18	Smoot Library
July 11 & 18	1:00 – 3:00 PM	July 9	Smoot Library
July 12 & 19	6:00 – 8:00 PM	July 10	Citizens Center

### Hand Sewing Class

Lose a button? Need a hem? Like Embroidery? 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. We will make a felt flower wall hanging. Supplies: Please bring scissors. Kit includes fabric samples, hand sewing needles, thread, seam rippers and buttons. Contact Dawn for more info: [info@dawnschons.com](mailto:info@dawnschons.com) or call/text 540-413-7638

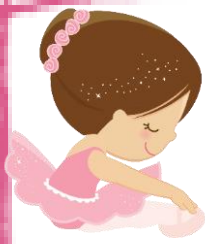


**Instructor: Dawn Schons**

**Cost: \$25 per person. Child 8 years old and up, adult free with child.**

**Min:1 Max:10**

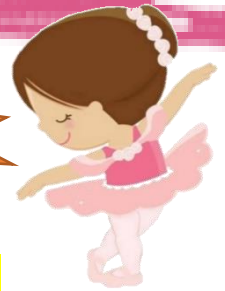
Date	Time	Registration Deadline	Location
June 23	1:00 – 3:00 PM	June 20	Smoot Library
July 14	6:00 – 8:00 PM	July 12	Smoot Library



Fall Classes

## Ms. Lynne's Ballet Classes

See you in  
the Fall!



**10-week session beginning September 4, 2019**

Class	Ages	Day	Time	Cost	Location
Creative Movement	2 & 3 year olds	Wednesdays	11:15-11:45am	\$75	Citizens Center
Pre-Ballet	4 & 5 year olds	Wednesdays	11:45-12:15pm	\$75	Citizens Center
Ballet I	5 & 6 year olds	Wednesdays	4:15-4:45pm	\$75	Citizens Center
Ballet II	7 & older	Wednesdays	4:45-5:30pm	\$80	Citizens Center

**A recital will be held at the end of the season.**

Creative movement places emphasis on having fun and imagination while learning coordination, balance, rhythm, and musical expression. Students will be introduced to dance through the use of creative musical accompaniment.

Ballet teaches children many things beyond the basic steps and technique. Students will not only strengthen their bodies, especially their core and legs, but gain grace and poise. Discipline, attentiveness, body awareness, and fun are some of the additional benefits of dance.

Ms. Lynne has been dancing since the age of four and has taken all styles of dance with a focus on ballet and pointe. She trained in Cecchetti ballet and went on to study at the Richmond Ballet, where she was in several professional productions. Lynne has a passion for working with children; she has a degree in Education and has taught several dance classes and choreographed many performances.

**Girls should wear black leotards, pink tights, and leather-soled pink ballet slipper with elastic straps and hair pulled back. Boys should wear white t-shirt, black pants and black or white leather-soled ballet slippers with elastic straps.**

Parents are invited to observe the first and last class of each session and other times by permission of the instructor. The instructor retains the right to cancel or restructure class if the minimum is not met. No pro-rating for classes missed by student and no refunds will be made. Classes that are canceled due to inclement weather, school closings or by the instructor will be rescheduled at a time convenient to most students. Creative movement students should be potty-trained. Children must be picked up immediately after class.

Max: 12 students



## YOUTH ATHLETIC PROGRAMS/CAMPS

### SUMMER YOUTH BASKETBALL LEAGUE

The Summer 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 will begin in May and games in June. All home games will be played at county schools on weeknights and Saturdays. Registration for the league will begin on May 6<sup>th</sup> – May 17<sup>th</sup>. Age Control Date: May 14, 2019.



Code#	Age	Game Days	Times	Fee	Location
2005.419	11-14	June 8 <sup>th</sup> – July 6 <sup>th</sup>	TBA	\$50	SES & PES

### YOUTH TRACK & FIELD CAMP

The KGHS Track and Field Program is putting on a Youth Track & Field Camp. This camp will be run by the KGHS Coaches, former KGHS runners (college) and KGHS runners. The campers will learn how to properly stretch, strengthen and prevent injury. Other topics will include nutrition, running shoes and gear. Sessions include, High Jump, Long Jump, Triple Jump, Hurdles, Shotput, Sprints and Distance. The camp is for rising 5<sup>th</sup> – 9<sup>th</sup> graders.

Registration Deadline: Wednesday, June 12<sup>th</sup>

Location: KGMS Track

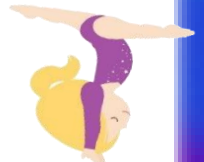
Code#	Grades	Day	Date	Time	Cost
5001.419	5 <sup>th</sup> – 9 <sup>th</sup>	Mon. – Fri.	6/17 – 6/21	6:00pm – 7:30pm	FREE



### GYMNASTICS CAMP

King George Parks and Recreation will offer 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

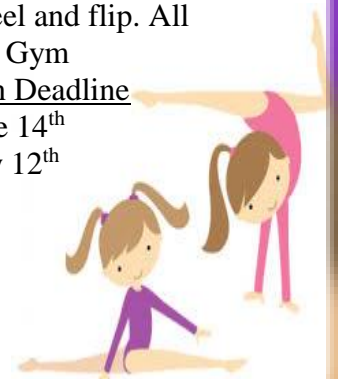
Code#	Age	Day	Date	Time	Cost	Registration Deadline
2062.419	5-15	M-F	6/10 – 6/14	9am-12noon	\$85	Friday, May 31 <sup>st</sup>
2062.519	5-15	M-F	7/15 – 7/19	9am-12noon	\$85	Friday, July 5 <sup>th</sup>
2062.619	5-15	M-F	7/29 – 8/2	9am-12noon	\$85	Friday, July 19 <sup>th</sup>



### 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: OKGES Gym

Code#	Age	Day	Date	Time	Cost	Registration Deadline
3090.419	5-15	M-F	6/24 – 6/28	9am-12noon	\$85	Friday, June 14 <sup>th</sup>
3090.519	5-15	M-F	7/22 – 7/26	9am-12noon	\$85	Friday, July 12 <sup>th</sup>



## YOUTH ATHLETIC PROGRAMS/CAMPS

### 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: [King George-Challenger International Soccer Camp](http://King George-Challenger International Soccer Camp)

Location: King George High School Stadium

Age	Day	Date	Time	Cost
3-5	M-F	6/3-6/7	9:00am- 10:00am	\$96
6-16	M-F	6/3-6/7	9:00am- 12:00pm	\$135
9-16	M-F	6/4-6/8	9:00am- 4:00pm	\$200

For free jersey, please sign up online by May 2<sup>nd</sup>

**\$10 late fee if payment received after May 23<sup>rd</sup>**

Mail applications and payment to: Jack McPaul,  
1501 S Edgewood Street, Suite C, Baltimore, MD 21227

Phone: 443-552-0518 Email: [jmpaul@challengersports.com](mailto:jmpaul@challengersports.com)

Checks payable to: Challenger Sports

Interested in hosting a British Coach? Contact Jack McPaul, 443-552-0518 or [jmpaul@challengersports.com](mailto:jmpaul@challengersports.com)



### TENNIS CAMPS

USTA "Net Generation" Tennis 10-U coming to King George County. **Tessa Pehanick**, a Net Generation Instructor and Physical Education Specialist at Dahlgren School will be teaching the youth this summer. Lessons will be 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 8<sup>th</sup> and second session by June 15<sup>th</sup>.

Location: King George Tennis Center

Code#	Age	Day	Date	Time	Cost
5098.419	6-10	M-F	6/17-6/21	9:00am-10:30am	\$60
5099.419	6-10	M-F	6/24-6/28	9:00am-10:30am	\$60

These camps, led by former KGHS Girls Tennis Coach **Jill Wine**, are intended for beginner and intermediate players. Beginners will learn basic strokes and play games that develop hand-eye 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 1<sup>st</sup> and second session by July 6<sup>th</sup>. Tennis racquet and water bottle are needed. Location- KGMS (KG Tennis Center)

Code#	Age	Day	Date	Time	Cost
6000.419	11-17	M-F	6/10 – 6/14	9:00am-10:30am	\$55
6001.419	11-17	M-F	7/15 -7/19	9:00am-10:30am	\$55





## YOUTH ATHLETIC PROGRAMS/CAMPS

### **FUTURE FOXES BASKETBALL CAMP**

The basketball skills' camps are from June 10<sup>th</sup> – June 13<sup>th</sup> and June 17<sup>th</sup> – June 20<sup>th</sup> at King George High School from 5:30pm-8:30pm each day. The fee is \$80 which includes a T-Shirt. The camp is for boys/girls ages 9 - 17. 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. Antron Yates, Varsity Basketball Coach at King George High, will be leading the camp. Registration deadline is Thursday, May 30<sup>th</sup> and Friday, June 7<sup>th</sup>. Location: King George High School Gym

Code#	Ages	Day	Date	Time	Cost
2075.419	9-12	Mon. - Thurs.	6/10 - 6/13	5:30pm – 8:30pm	\$80
2077.419	13-17	Mon. – Thurs.	6/17 – 6/20	5:30pm – 8:30pm	\$80

### **EMPOWERMENT BASKETBALL CAMP**

Is your child lacking confidence and knowledge of the game of basketball? If so, this is the ideal fun camp to overcome those perceived weaknesses. Participants will receive instructional techniques, while participating in a variety of offenses, defenses, ball handling, passing, and jump shooting drills. Campers will be challenged to learn socially, physically and mentally. Snacks will be provided. Location: KGES Gym.

Registration Deadline: Wednesday, June 19<sup>th</sup>

Code#	Age	Day	Date	Time	Cost
2076.419	7-14	Mon-Wed	6/24- 6/26	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 15<sup>th</sup> – July 18<sup>th</sup> 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 8<sup>th</sup>.

Code#	Age	Day	Date	Time	Cost
2072.419	7-14	Tue-Fri	7/15-7/18	6pm-8:30pm	\$75



## 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 StarWars or Ninjago.

**July 8<sup>th</sup> – July 12<sup>th</sup>**

Class Limit: 24 Students – Registration Deadline: June 27<sup>th</sup>  
(Parents are not allowed to stay in the **LEGO® AREA** while the program is taking place.)

### Adventures in STEM using LEGO®

Let your imagination run with tens of thousands of LEGO® parts! Build engineer-designed projects such as Trains, Helicopters, Treehouses, and Beam Bridges. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

Ages: 5-7

9am-12noon

King George Citizens Center

Fee: \$140 per participant

Code#: 2090.419



### STEM Explorations using LEGO®

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 such as Gear Cars Gondolas, Merry-Go-Rounds, and Scissor Lifts. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

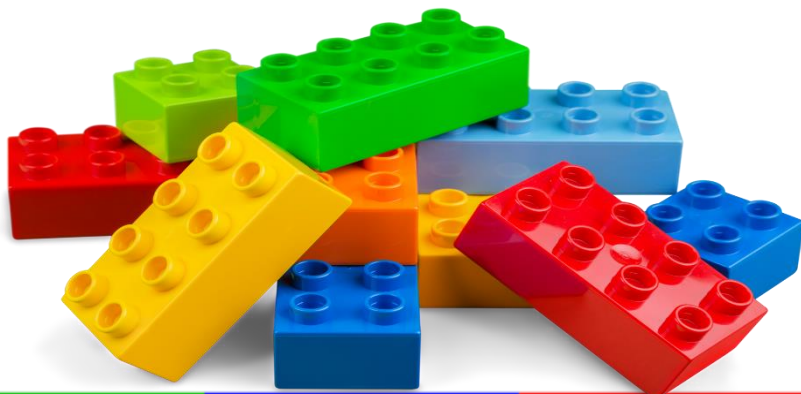
Ages: 7-12

1pm-4pm

King George Citizens Center

Fee: \$140 per participant

Code#: 2091.419



## 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: Old King George Elementary School Gymnasium

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>
3052.119	4-12 year olds	Wednesdays	8/21 – 10/9	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: Old King George Elementary School Gymnasium

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>
3007.119	1-5 year olds	Wednesdays	8/21 – 10/9	10am-10:50am	\$60

### **TUMBLING**

King George Parks and Recreation is offering tumbling this Fall. **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: Old King George Elementary School Gymnasium

Code#		Age	Day	Date	Time	Cost
3003.119	Beg. & Adv.	5-17	Wednesdays	8/21 – 10/9	5pm-6pm	\$65



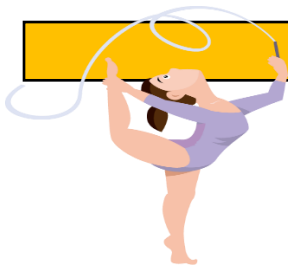
### **CHEER TUMBLING**

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

Location: Old King George Elementary School Gymnasium

<u>Code#</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>
3092.119	12-18	Wednesdays	8/21 – 10/9	6pm-7pm	\$65





## YOUTH ATHLETIC PROGRAMS

### Fall Youth Gymnastics

*Old King George Elementary School (Gymnasium)*

**Registration Begins: July 1<sup>st</sup>**

**\$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 24<sup>th</sup>**

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 24<sup>th</sup>**

This 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 24<sup>th</sup>**

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 19<sup>th</sup>**

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 20<sup>th</sup>**

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.

**Participants 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 22<sup>nd</sup>**

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. **Participants 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 19<sup>th</sup>, August 21<sup>st</sup>, & August 22<sup>nd</sup>**

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 – 8:00 PM • 6-9 years • Limit 12**

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

#### **Intermediate Level - Starts: August 19<sup>th</sup>**

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

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

#### **Advanced Level - Starts: August 22<sup>nd</sup>**

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 20<sup>th</sup>**

This class is for students working on levels 1 and 2 team skills. Skills are based on USA Junior Olympic guidelines.

**Participants 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 20<sup>th</sup>**

This class is designed for students working on level 3 team skills according to USA Junior Olympic guidelines. **Participants 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 20<sup>th</sup> & August 24<sup>th</sup>**

This class is designed for students working on level 1, 2 and 3 skills according to USA Junior Olympic guidelines. **Participants must be asked by coach in order to be participate in this group!**

**Tuesdays • 8:00 – 9:00 PM • 6 – 14 years • Limit 10**

**Saturdays • 12:00 – 1:00 PM • 6 – 14 years • Limit 10**

#### **Blue Gyms – Starts: August 22<sup>nd</sup>**

This class will focus on boy's gymnastics skills. This class is an all boys class. We will focus on boy's gymnastics skills as well as strength and conditioning

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





## YOUTH ATHLETIC PROGRAMS



### 2019 Fall Youth Soccer ACTIVITY CODE: 2055.119

Registration Begins: June 3<sup>rd</sup>

Registration Ends: July 25<sup>th</sup>



**Early Registration (June 3<sup>rd</sup> – June 25<sup>th</sup>)**

**\$77 if you have the uniform, \$87 if you need the uniform**

**Regular Registration (June 26<sup>th</sup> – July 25<sup>th</sup>)**

**\$88 if you have the uniform, \$98 if you need the uniform**

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, coaches have the option to practice once or twice per week, depending on the availability of the coach and the preferences of the team as a whole. 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 - watermelon & blue), socks, and shorts. Season takes place mid-August thru early November. Each team will play between 8 and 10 games. Registrations are accepted June 3<sup>rd</sup> – July 25<sup>th</sup> on a first-come, first-served basis. **A \$20 late fee will be applied for all registrations after July 25<sup>th</sup>.**

Online registration (credit card accepted) on our website: [www.kinggeorgecountyva.gov/384/Parks-Recreation](http://www.kinggeorgecountyva.gov/384/Parks-Recreation)

**REGISTER EARLY AND RECEIVE \$11 DISCOUNT**

Divisions:

U6	Birth Year:	2014 - 2015
U8	Birth Year:	2012 - 2013
U10	Birth Year:	2010 - 2011
U12	Birth Year:	2008 - 2009
U14	Birth Year:	2006 - 2007
U19	Birth Year:	2001 - 2005

New age structure based on birth year



Home Games/Days: Held at the Sealston Sports Complex, Cedell Brooks, Jr. Park, Hunter Field, and KGHS (unless rescheduled due to cancelations):

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

### Pee Wee Soccer

**ACTIVITY CODE: 2057.119**

Registration begins July 1<sup>st</sup>

**Registration ends: July 31<sup>st</sup> or until spaces are filled**

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.

Program Dates: August 13<sup>th</sup>, August 20<sup>th</sup>, August 27<sup>th</sup>, September 3<sup>rd</sup>, September 10<sup>th</sup>, September 17<sup>th</sup> and September 24<sup>th</sup>

Days of the week: Tuesdays

Times: 6:00pm – 6:50pm

Location: Sealston Sports Complex

Fee: \$65



## 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 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. **The instructors**



**Kevin Kline (five time Martial Arts Hall of Fame recipient) and Frank Harvey, each have over a decade of teaching experience.** They have trained with some of the world's foremost experts.

Location: Old King George Elementary School Cafeteria

### **Summer**

#### **Youth Beginner**

<b>Code #</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Fee</b>	<b>Location</b>
2008.419	6-13	Tuesday & Thursday	7/2 - 9/5	6-7pm	\$57	OKGES Café

#### **Youth Advanced**

<b>Code #</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Fee</b>	<b>Location</b>
2010.419	6-13	Tuesday & Thursday	7/2 - 9/5	6-8pm	\$67	OKGES Café

#### **Adult Beginner**

<b>Code #</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Fee</b>	<b>Location</b>
2013.419	14+	Tuesday & Thursday	7/2 - 9/5	6-7pm	\$57	OKGES Café

#### **Adult Advanced**

<b>Code #</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Fee</b>	<b>Location</b>
2011.419	14+	Tuesday & Thursday	7/2 - 9/5	6-7pm	\$67	OKGES Café

### **Fall**

#### **Youth Beginner**

<b>Code #</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Fee</b>	<b>Location</b>
2008.119	6-13	Tuesday & Thursday	9/17 – 11/21	6-7pm	\$57	OKGES Café

#### **Youth Advanced**

<b>Code #</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Fee</b>	<b>Location</b>
2010.119	6-13	Tuesday & Thursday	9/17 – 11/21	6-8pm	\$67	OKGES Café

#### **Adult Beginner**

<b>Code #</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Fee</b>	<b>Location</b>
2013.119	14+	Tuesday & Thursday	9/17 – 11/21	6-7pm	\$57	OKGES Café

#### **Adult Advanced**

<b>Code #</b>	<b>Age</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Fee</b>	<b>Location</b>
2011.119	14+	Tuesday & Thursday	9/17 – 11/21	6-7pm	\$67	OKGES Café

## Barre/Yoga Class

**NEW!**

Barre Class, taught by Yoga Master and professional dancer, Paula Van Alstine mixes elements of pilates, dance, yoga, and functional training. Movement is choreographed to motivating and stylized "new age" music. In each energizing 55 minute workout, you'll use the barre or chair and exercise equipment such as mini-balls and small hand-weights to sculpt, slim, and stretch your entire body. In addition, this class incorporate yoga poses.



**Free Trial Class – May 28<sup>th</sup>**

Day	Date	Time	Cost	Location
Tuesdays	Jun. 4 – Aug. 6	6:00 – 7:00 PM	\$120.00 10 week session	Citizens Center

**\*Drop In Fee: \$15.00 per class**

## Hatha Restorative Yoga



Paula Van Alstine will guide her practitioners in passive and active stretching techniques, (asanas), that will allow muscles to relax deeply and promote healing and tension release. Breathing exercises, (pranayama), will help bring peace to the mind and body. Yin Yoga techniques will also be practiced. These asanas will target deep tissues of the body, connective tissues – ligaments, joints, bones and the deep fascia networks of the body. **\*Come to the class to try it out to see if it is a good fit for you!\***

**Free Trial Class – May 30<sup>th</sup>**

Day	Date	Time	Cost	Location
Thursdays	Jun.6 – Aug. 8	5:15 – 6:15 PM	\$100.00 10 week session	Citizens Center

**\*Drop In Fee: \$15.00 per class per class**

Must be a minimum of six students to hold the class. Classes will begin once six participants register for class. Call your friends and neighbors and register soon!

**If you register for both Barre/Yoga and Hatha Yoga the cost is \$200, a \$20 savings!**



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.

## Great reasons to practice Yoga:

1. Relieves stress. Calms a busy mind.
2. Yoga is a good work-out. It is not all about stretching.
3. Yoga works your core and strengthens muscle and bone.
4. Decreases pain in your neck, knee and back.
5. Practicing yoga will improve your sleep.
6. Yoga has been known for reducing migraines and can help lift your mood.
7. Yes, Yoga improves your joint health, your posture/balance and your flexibility.

**Instructor: Debbie Shelkey-Lawson**

Day	Date	Time	Cost	Location
Wednesdays	June – Sept.	5:00 – 6:00 PM	\$5 per class (at door)	Citizens Center

# Evening Yoga



# 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	Date	Time	Cost	Location
Mondays & Thursdays	June – Sept.	4:30 – 5:30 PM	\$25 per month for new student \$20 per month for student that know the health forms OR \$5 for drop-ins	Citizens Center





## 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	June – 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	June – Sept.	6:30 – 7:30 pm	\$5 (at door)	Citizens Ctr.

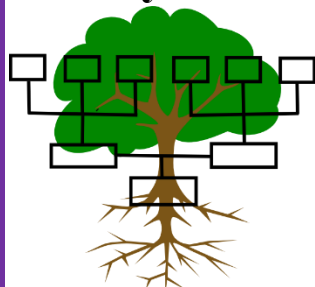
## Hunter Safety Education

This program meets the Hunter Education requirements for the State of Virginia. Taught by instructors certified by the Virginia Department of Game and Inland Fisheries. This program is designed to familiarize the student with all aspects of firearm handling and safety and other related topics. 1-day session; Must be taken by first time hunting license applicants in order to get license. Register online @ [www.huntfishva.com](http://www.huntfishva.com) (Click left side “Hunting or Education”). **Must pre-register online.**



Age	Day	Date	Time	Cost	Location
8 +	Saturday	October 5	8am – 3pm	FREE	KGES Cafeteria

## Family History Research and Discovery



Your heritage is important and you might be the only one left to tell the story!

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**



## ADULT ENRICHMENT PROGRAMS

### 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 affecting 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 Education Courses

Presented by InFirst Federal Credit Union and King George Parks & Recreation.

Tuesday, July 9 <sup>th</sup>	Household Budgeting and Spending Plans
Tuesday, July 16 <sup>th</sup>	Retirement Planning
Tuesday, July 23 <sup>rd</sup>	Understanding Your Credit Report
Tuesday, July 30 <sup>th</sup>	First Time Home-Buying

All courses are from 6:30 p.m. to 8:00 p.m.

\*Attendees must pre-register with King George Parks and Recreation by calling 540.775.4386.

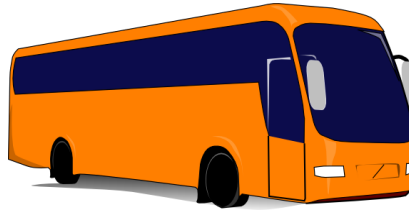
[infirstfcu.org](http://infirstfcu.org) / 703.914.8700 / 540.644.9515

Call or visit [infirstfcu.org](http://infirstfcu.org) for details.



## WEEKLY TRIPS

### 2019 WEEKLY TRIPS



King George Parks and Recreation is planning day trips to provide the community with a day filled with entertainment, education and leisure. Cost for transportation only! Please call Parks & Recreation for details and additional pricing. Limited Seating! Janine Paulsen 540 775-4FUN.

Min: 8 Max: 12 (IF THE TRIP DOES NOT GO CHECKS WILL BE RETURNED)

**NEW POLICY: Payment due when you register.**

**Make check payable to: Treasurer of King George**

**Send to P.O. Box 71, King George, VA 22485.**

**Attn: Janine Paulsen.**

### JUNE

13-Thursday

**LEWIS GINTER BOTANICAL GARDEN & JEFFERSON HOTEL, Richmond, VA**

**COST \$25.00pp/Trans. Only**

**Leave KG Citizens Center @ 9:00am.**

**Leave Richmond @ 3:00pm.**

**Points of interest:**

- Admission prices to gardens:
  - \$11.00 Seniors
  - \$13.00 Adults
- Explore the Victorian Garden, Nature Trails, and the home.
- Enjoy your own lunch.
- Visit Jefferson Hotel for 1 hour.



20-Thursday

**GEORGE WASHINGTON'S MOUNT VERNON ESTATE & GARDENS**

**COST \$25.00pp/Trans. Only**

**Leave KG Citizens Center @ 8:30am.**

**Leave Mount Vernon @ 2:30pm.**

**Points of interest:**

- Admission prices to Mount Vernon:
  - \$19 Seniors
  - \$20 Adults
- 500 acres, 14 room mansion furnished with objects dating back to 1740's
- Museum featuring 25 state of the art galleries and theaters that reveal the story of George Washington's life.

22-Saturday

**HARPER'S FERRY NATIONAL PARK – Harper's Ferry, WV**

**COST \$25.00pp/Trans. Only**

**Leave Citizens Center @ 9:00am.**

**Leave Harper's Ferry @ 3:30pm.**

**Points of interest:**

- Admission prices to Harper's Ferry:
  - \$7.00 per person
- Full service restaurant and food court
- Gift Shops
- Tour the plantation and learn all about plantation life
- Admission includes entrance to Distillery and Gristmill



## WEEKLY TRIPS

### JULY

11-Thursday

#### **HILLWOOD ESTATES**

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

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

**Leave DC @ 2:30pm.**

#### **Points of Interest:**

- Admission prices to Hillwood Estates
  - \$15 Seniors
  - \$18 Adults
- Home of Marjorie Merriweather Post, built in 1973, Museum of French and Russian Decorative Arts and beautiful gardens
- Guided Tour of Mansion @ 11:30
- Guided Tour of Gardens @ 12:30
- Bring lunch or dine at Café and Gift Shops



13-Saturday

#### **CHARLES TOWN HOLLYWOOD SLOTS**

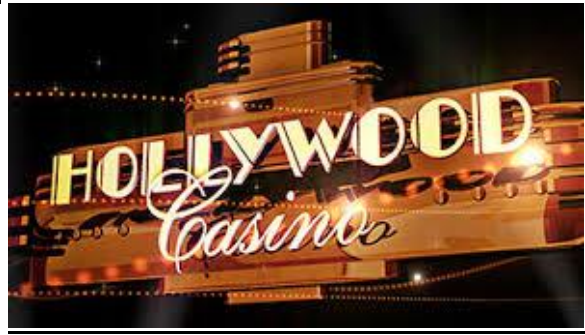
**COST \$25.00 pp/Trans. Only**

**Leave KG Citizens Center @ 9:00am.**

**Leave Charles Town @ 5:00pm.**

#### **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, dine in your choice of fine or casual restaurants.



20- Saturday

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

**COST: \$25.00 pp/Trans. Only**

**Leave Citizens Center @ 8:30am.**

**Leave West Virginia @ 4:00pm.**

- Club Tickets:
  - \$110 per person
  - Includes 3-course meal
- Coach Tickets:
  - \$50 for adults, \$45 for seniors, & \$20 for children 4-12 years old
- 3 hr. ride (Train leaves at 1:00pm)



25-Thursday

#### **ANNAPOLIS**

**COST: \$25.00pp/Trans. Only**

**Leave KG Citizens Center @ 9:00am**

**Leave Annapolis @ 2:30pm.**

**Have Lunch and Explore on your own!**

#### **Points of Interest:**

- Maritime Museum
- Maryland State House
- William Paca House & Garden

## WEEKLY TRIPS

### **AUGUST**

8-Thursday

#### **SOLOMON'S ISLAND**

**COST: \$25.00pp/Trans. Only**

**Leave KG Citizens Center @ 9:00am.**

**Leave St. Mary's @ 3:00pm.**

**Points of interest:**

- The Calvert Marine Museum
- Admission prices to Calvert Marine Museum:
  - \$9 Adults
  - \$7 Seniors
  - \$4 Children 5-12 years old
- The Drum Point Lighthouse on the grounds of the Calvert Marine Museum
- Eat a nice lunch at a waterfront restaurant.

15-Thursday

#### **NATIONAL HARBOR**

**COST \$25.00 pp/Trans. Only (\*\*Drop off & Pick up)**

**Leave KG Citizens Center @ 9:00am.**

**Leave Maryland @ 3:00pm.**

**Points of interest:**

- The Capital Wheel
- Walk the waterfront shops
- Enjoy lunch on your own at the riverside. With so many restaurants to choose from, we have a little something for everyone.



17-Saturday

#### **CHARLES TOWN HOLLYWOOD SLOTS**

**COST \$25.00 pp/Trans. Only**

**Leave KG Citizens Center @ 9:00am.**

**Leave Charles Town @ 5:00pm.**

**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, dine in your choice of fine or casual restaurants.

22-Thursday

#### **NATIONAL MALL & MUSEUMS**

**COST \$25.00pp/Trans. Only (Drop off & Pick up)**

**Leave Citizens Center @ 8:30am.**

**Leave Washington DC @ 2:30pm.**

**Points of interest:**

- Visit some of DC's many museums.
- Walking the National Mall and seeing all the sights.

24-Saturday

#### **FORT MONROE**

**COST \$25.00 pp/Trans. Only**

**Leave KG Citizens Center @ 9:00am.**

**Leave Fort Monroe @ 5:00pm.**

**Points of interest:**

- 259 Buildings and Structures
  - 169 Historic Buildings
- Free Admission
- Casemate Museum

## 2019 OVERNIGHT TOURS 4 FUN TRIPS

**NOTE:** King George Parks and Recreation requires a \$50 non-refundable deposit to "reserve a seat and book the trip." In the event the trip is canceled by King George Parks and Recreation your refund will be returned to you.

### Cape Cod, Massachusetts

"...The something for everyone!"

5 Days - 4 Nights

September 9 - 13, 2019

\$795.00 per person (*double occupancy*)

\$944.00 per person (*single occupancy*)

#### **Package Includes:**

- 4 Nights lodging
- 4 Breakfasts



- 3 Dinners
- Evening of entertainment
- Fully escorted tours
  - Provincetown
  - Martha's Vineyard
  - Nantucket Island
- High-Speed ferry to Martha's Vineyard & Nantucket
- Whale Watch
- Meet & Greet Welcome
- Souvenir gift
- Luggage Handling
- Motorcoach transportation



### Christmas Time in Branson, Missouri

"...deck the halls and jingle the bells!"

7 Days - 6 Nights

November 13 - 19, 2019

\$909.00 per person (*double occupancy*)

\$1178.00 per person (*single occupancy*)

#### **Package Includes:**

- 6 Nights lodging
- 6 Breakfasts
- 4 Dinners, including Showboat Branson Belle Dinner Cruise
- 7 Spectacular Christmas Shows:
  - Entertainment at the Uptown Café
  - Clay Cooper's Christmas Country Express
  - A Brett Family Christmas
  - The Haygoods Christmas Show
  - Shake & Howdy With the Haygoods
  - Andy Williams Ozark Mountain Christmas
  - Christmas Wonderland
  - Showboat Branson Belle Christmas Entertainment
- Tour at College of the Ozarks, including Grist Mill, Fruitcake Kitchen, & Veterans Memorial
- Branson Mill Craft Village
- World's Largest Toy Museum Complex
- Grand Village Shoppe
- Historic Downtown Branson Landing
- Christmas Light Tour at Branson's Gift of Lights
- Luggage handling
- All taxes and meal gratuities
- Motorcoach Transportation





**Christmas in NYC, NY**

*"...it's Christmas time in city!"*

3 Days - 2 Nights

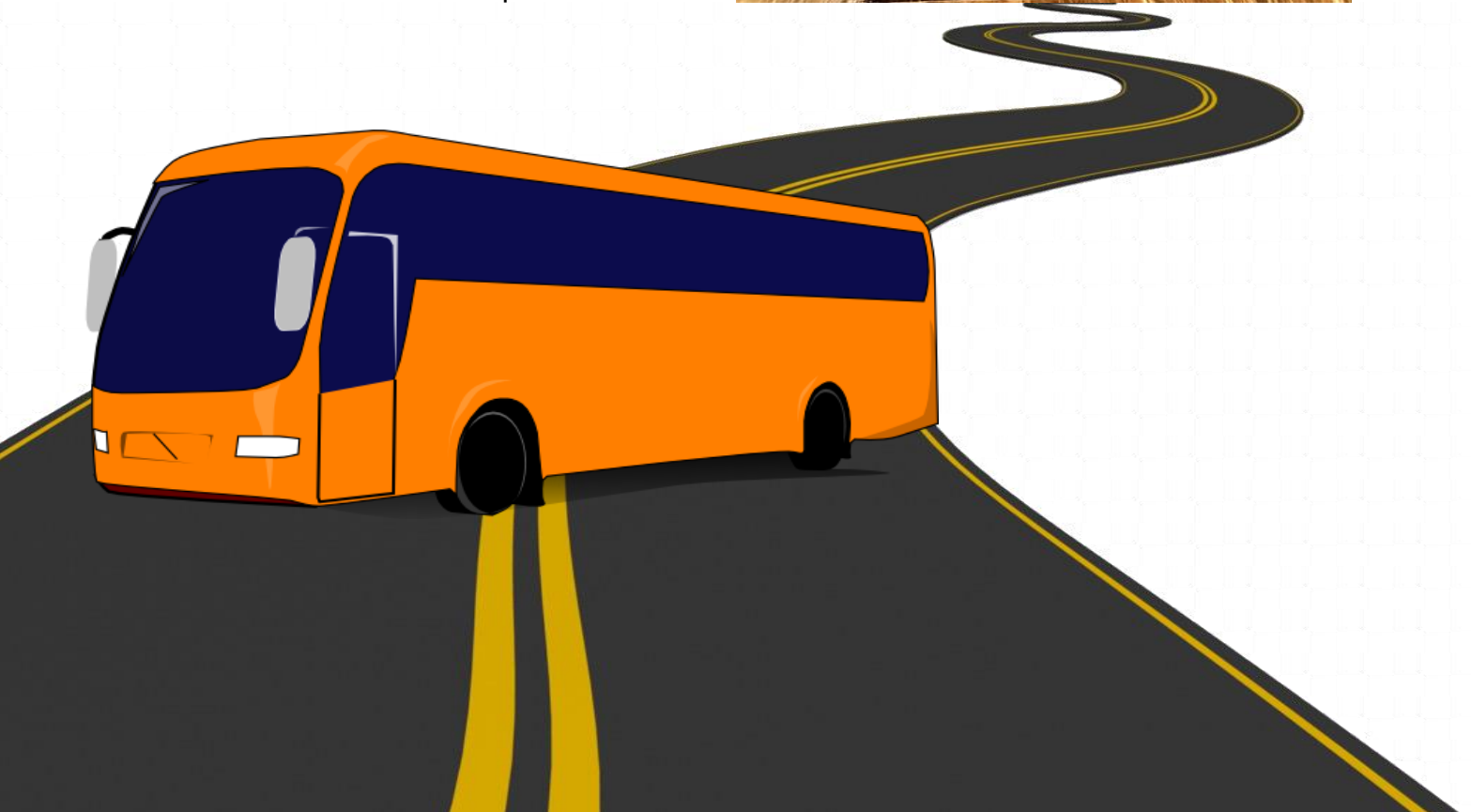
December 3 - 5, 2019

\$519.00 per person (*double occupancy*)

\$718.00 per person (*single occupancy*)

**Package Includes:**

- 2 Nights lodging in New Jersey
- 2 Breakfasts
- 1 Dinner
- 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
- All taxes and meal gratuities
- Motorcoach transportation



## **SUBWAY SPIRIT NIGHTS DAHLGREN WALMART SUBWAY**

### **SUPPORT KING GEORGE PARKS AND RECREATION**

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

**May 31<sup>st</sup>**

**June 28<sup>th</sup>**

**July 26<sup>th</sup>**

**August 30<sup>th</sup>**

**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.

# **FLEA MARKET**

#### **Dates for 2019**

- Sat. Jun. 1<sup>st</sup>
- Sat. Sept. 7<sup>th</sup>
- Sat. Oct. 5<sup>th</sup>



## 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 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 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. Announcements about program cancellations will be sent through KG Alerts.





DEPARTMENT OF PARKS & RECREATION  
Located in the Citizens Center  
8076 Kings Highway  
P.O. Box 71  
King George, VA. 22485

Telephone: (540) 775-4386  
FAX: (540) 775-5255  
Program Information/Online Registration:  
<https://www.kinggeorgecountyva.gov/>

## REGISTRATION FORM

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: \_\_\_\_\_ (C)

Phone: (\_\_\_\_) \_\_\_\_\_ (H) (\_\_\_\_) \_\_\_\_\_ (W) (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

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) (\_\_\_\_) \_\_\_\_\_

\*Have you registered with KG Alert? YES NO If NO, please go to [www.kgalert.com](http://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 (Parent/Guardian, if participant is under the age of 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 # \_\_\_\_\_ Cash \_\_\_\_\_ CC \_\_\_\_\_ Book \_\_\_\_\_ CivicRec \_\_\_\_\_

# KING GEORGE PARKS AND RECREATION

FREE EVENT

PRESENTS

FREE EVENT

## PALOOZA OF FUN

Saturday, August 3<sup>rd</sup>, 2019 4:00-8:00 PM

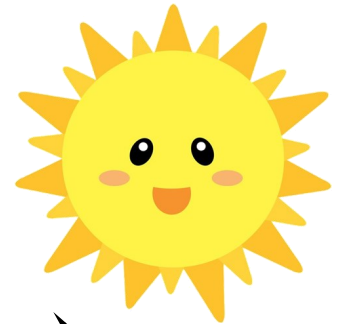
KING GEORGE HIGH SCHOOL



No Pets

No Coolers

No Alcohol



Touch A  
Truck

Come out and join us for our

### END OF SUMMER PALOOZA

FOOD TRUCKS ~ FOOD FOR SALE ~ LIVE MUSIC ~ GAMES ~

RIDES ~ CASH VAULT ~ INFLATABLES ~ ANIMALS ~

VENDORS/CRAFTERS



[www.nswcfcuonline.org](http://www.nswcfcuonline.org)

Birchwood Power Facility  
**NSWC Federal  
Credit Union**



**ATLANTIC**  
broadband  
TV • INTERNET • PHONE



WENDY MOORE  
DENTISTRY





# The Benefits of Membership

## 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 rates/yields, and a wide variety of products and services for our members to enjoy. 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 visit [www.nswcfcuonline.org](http://www.nswcfcuonline.org)

## 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 • Online Bill Pay • E-Statements • Mobile Banking App • Direct Deposit • Mobile Deposit • And more!

## PRODUCTS AND SERVICES

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

## BUSINESSES & ORGANIZATIONS

We offer savings and checking products designed to meet all of your needs!

## Branches:

### King George Area Branches:

**Plaza Branch** - 5472 James Madison Parkway, King George, VA 22485

**Lobby:** Monday - Thursday 9 - 5, Friday 9 - 6, Saturday 9 - 12 **Drive-Thru:** Monday - Friday 9 - 6, Saturday 9 - 12

**Dahlgren Branch** - 17442 Dahlgren Road, Dahlgren, VA 22448 **Lobby:** Monday - Friday 8:30 - 3

### Fredericksburg Area Branches:

**Augustine Branch** - 2004 Augustine Avenue, Fredericksburg, VA 22401

**Massaponax Branch** - 9622 Jefferson Davis Highway, Fredericksburg, VA 22407

**Lobby:** Monday - Thursday 9 - 5, Friday 9 - 6, Saturday 9 - 12 **Drive-Thru:** Monday - Friday 9 - 6, Saturday 9 - 12



**NSWC Federal  
Credit Union**

[www.nswcfcuonline.org](http://www.nswcfcuonline.org)

Federally Insured by NCUA



EQUAL HOUSING  
LENDER